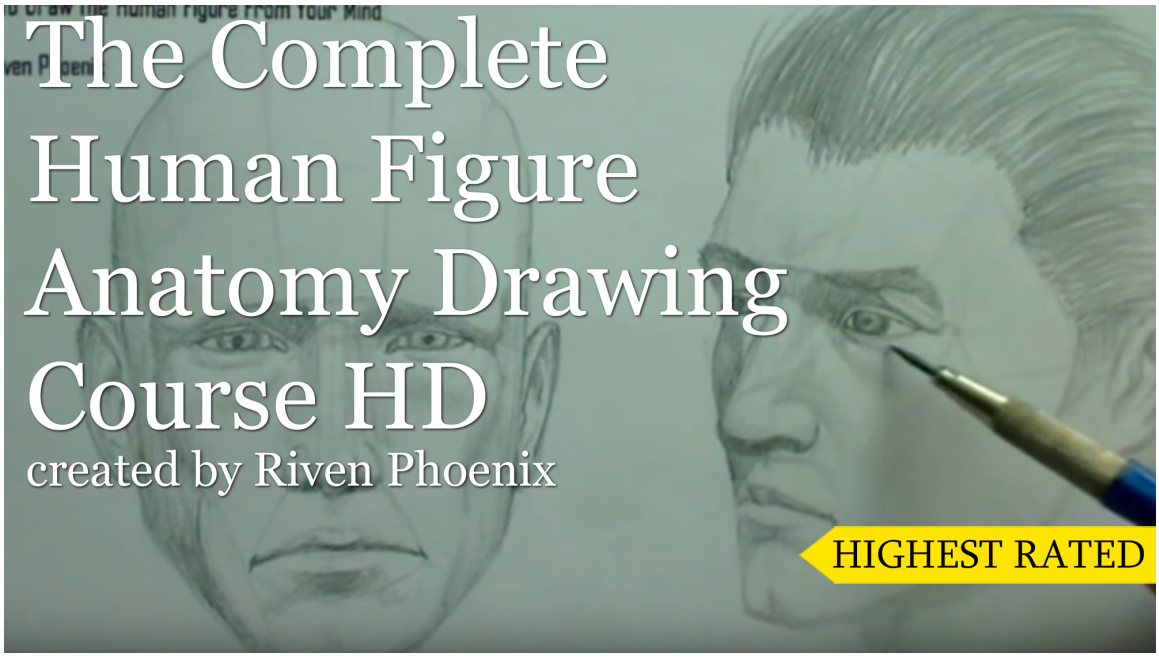

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 143 - The Muscles of the Arm - Part 5

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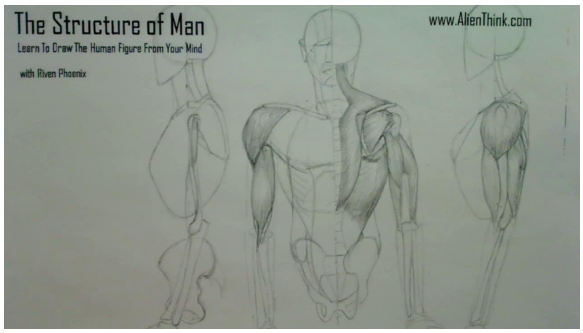
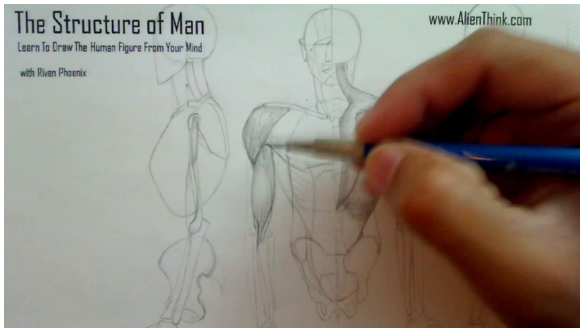
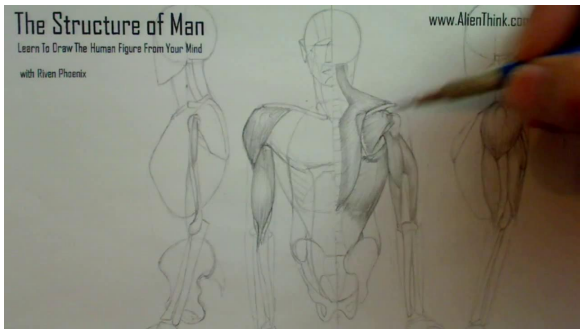
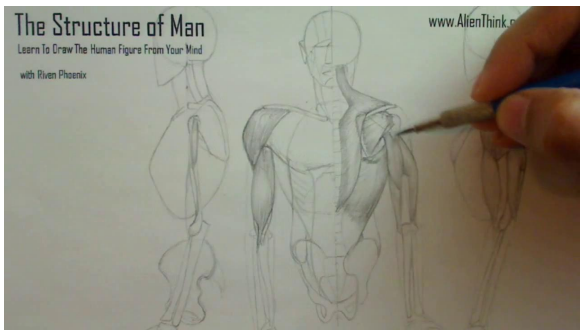
1		Hey guys, my name is Riven Phoenix and welcome to the structure of man, learn to draw the human figure from your mind training course.
2		Okay, so in the previous lesson we basically understood what was going on with the dealt with in the relationships to be aware of the different relationships that will exist on the side of the view over here.
3		So now we're just going to wrap this up for the deltoid and we're going to finish up the putting the deltoid in.
4		So when we draw the deltoid we're just going to again just think about well how big do I really want the shoulder to be.

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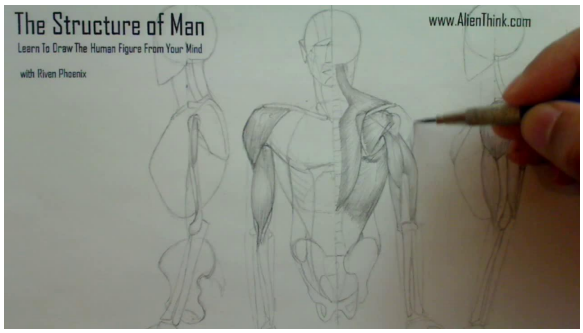
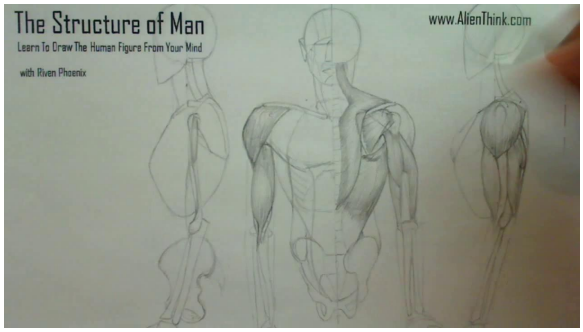
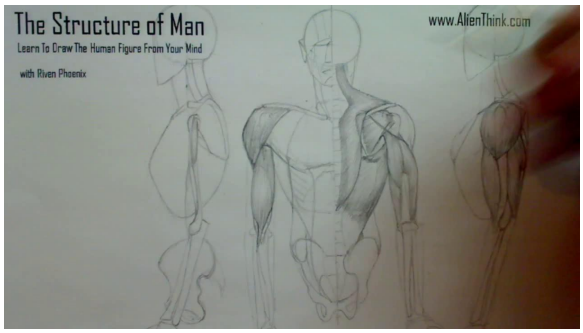
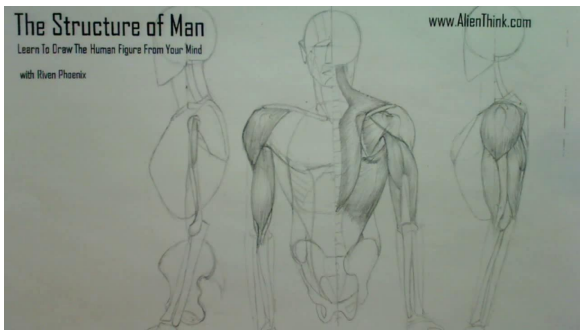
5		Right, so here we can just do it this way. Let's say that this guy just had a much more popped up shoulders over here, right, and you can just even measure this from the side and see that.
6		Okay, I like it looks almost like similar. Right, so it's going to go like this, right, because the deltoid has to pass close to this. Right, this is all skin over here.
7		And it's just going to be connected all over here. So we'll get the back view and this will start to look correct.
8		Okay, so here we'll just quickly render this deltoid in like this.

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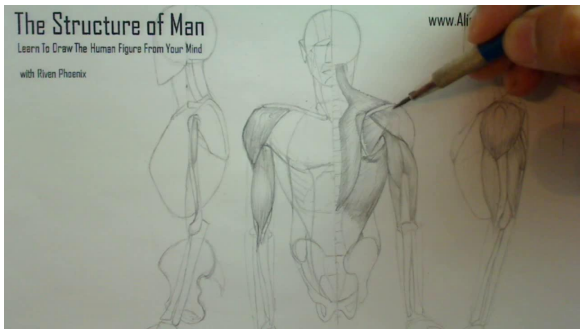
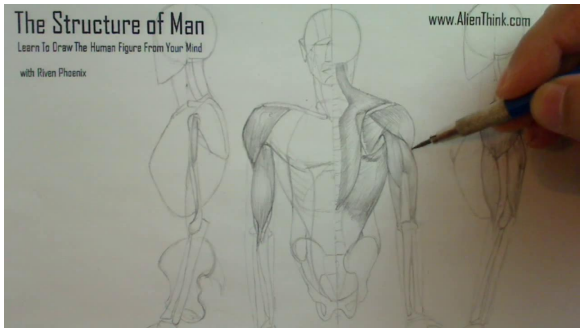
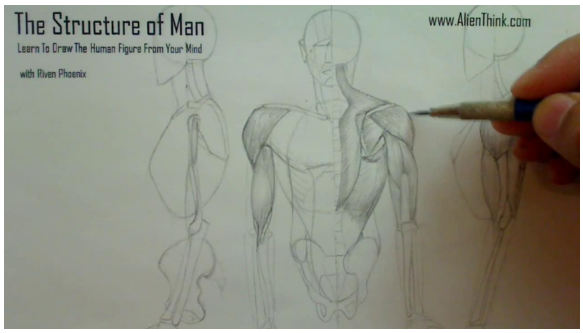
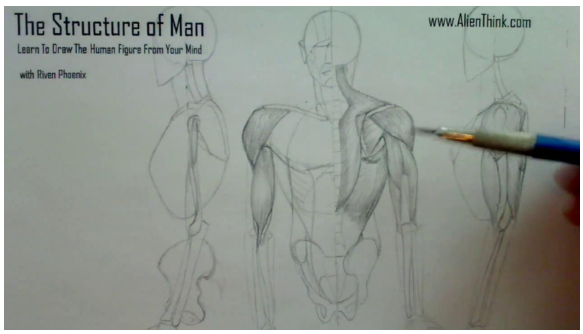
9		There's a usual connected over here and now this is just going all the way in the back. Right, so it's going on the side.
10		So you understand what's going on over there. Right, the important thing is this relationship as to what happens here with the muscles.
11		So here let's just say I'm happy with the shoulder here. It looks fine to me. Okay, so here we've now basically completed this area over here.
12		So what happens over here now? So this is where it really comes down to depending on the type of character you're doing.

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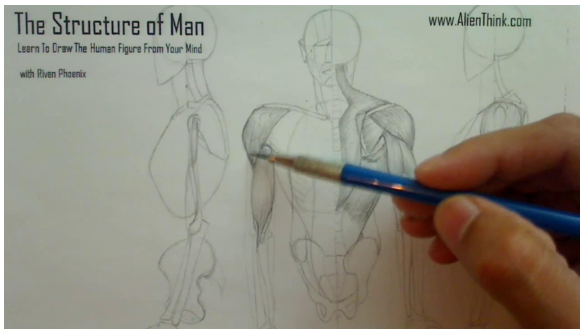
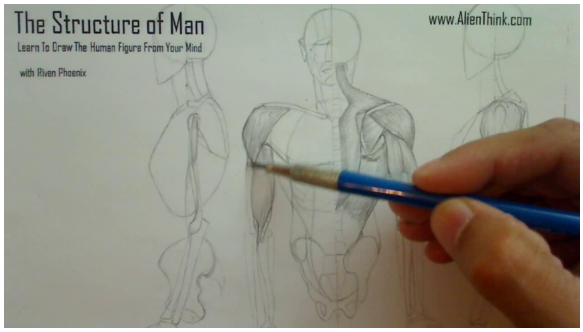
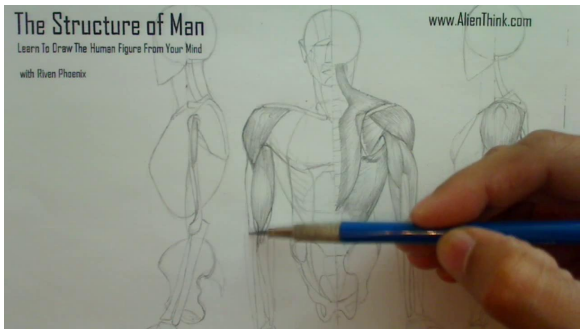
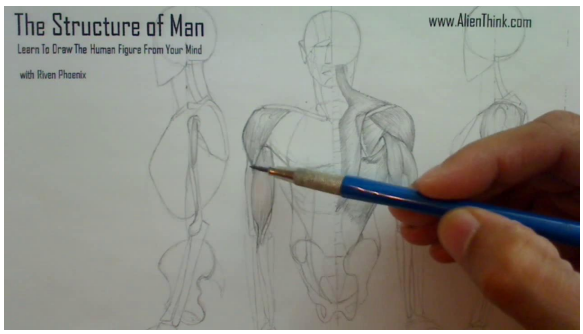
13		If you think about it, okay, well, I mean the tricep we could probably see a little bit probably going to see at least a little bit of the tricep going down this way. Right, because you have to look at the thickness of the R.
14		So you're going to see this bump here where this is where you're going to see a little bit of the tricep going this way.
15		Now the thing is that that muscle that we drew this is where I was saying that really depends on see he's coming more front really depends on how this arm is going.
16		So you could show it. We could pop it up a little bit and just show a little bit of it that we get that concept over here.

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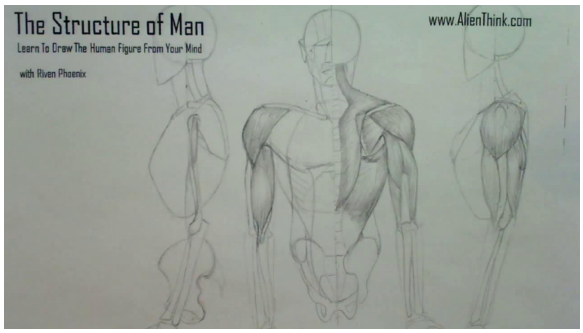
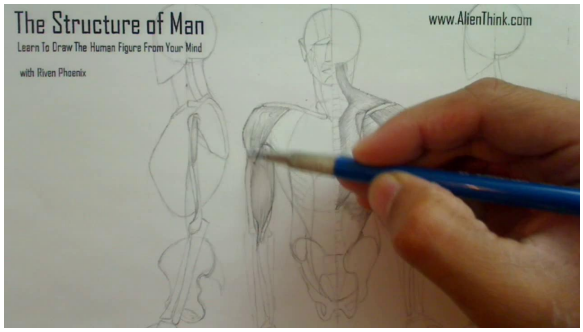
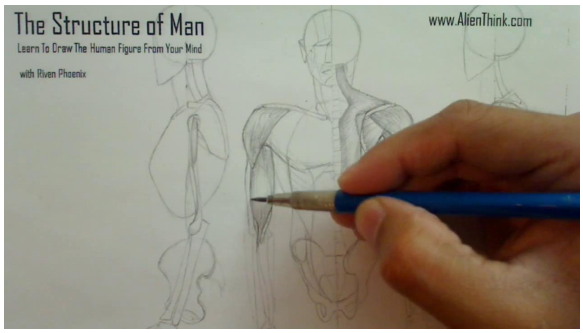
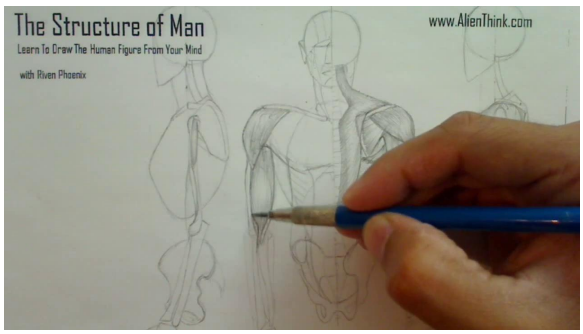
17		Right, so here when I clean this up, right, this will start to look a little more a little more better over here.
18		I know that okay, the deltoid connection is here. Then I might see just just this little bit of that guy over there.
19		And then from here, I'm going to get that guy over here anyway.
20		It's right in the connection already separated for the tricep in the back. Right, we can't see it from here.

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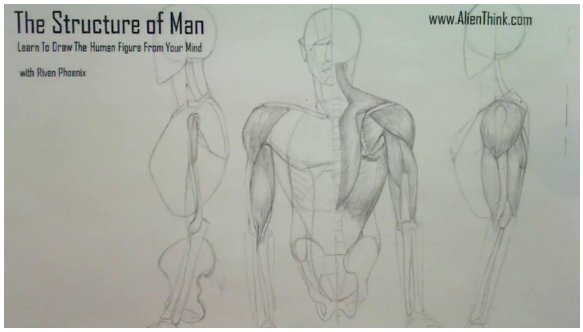
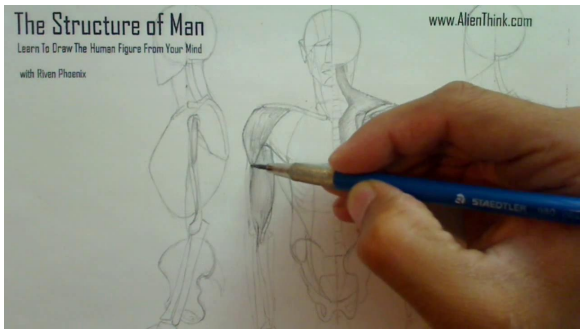
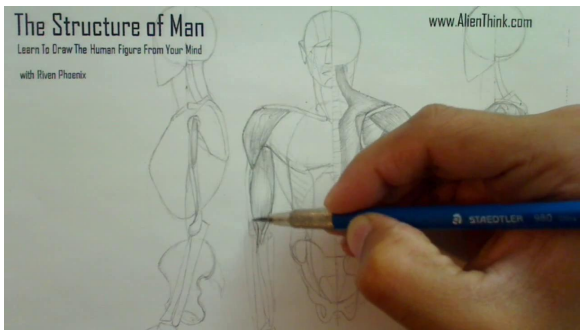
21		Right, so here I'm just going to clean up some of these lines.
22		Right, once we get the idea down, then we can just start cleaning up some stuff here.
23		So let's just say, let's just make him a little more bigger so we can see it's not going to hurt the drawing.
24		Right, so here we'll just do it like this that okay, we'll get this concept that the bicep is here.

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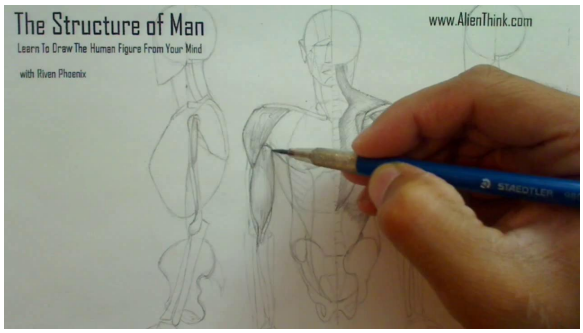
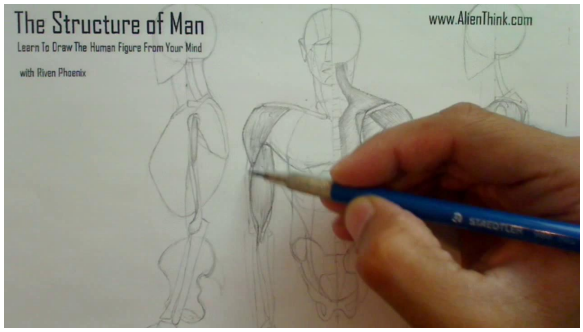
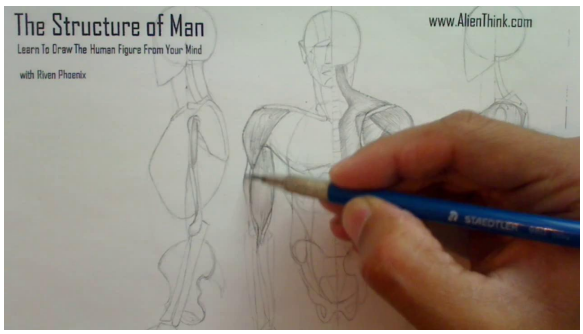
25		And then we're going to see the side of this guy over here a little bit.
26		And here we're going to get the tricep.
27		So even for the tricep, we can just both come up just a little bit and say that okay, look.
28		We get it that that's just going to be the tricep over here.

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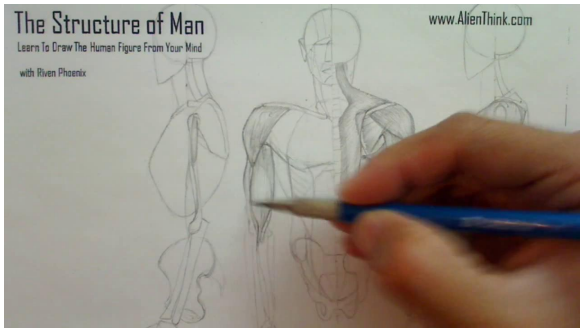
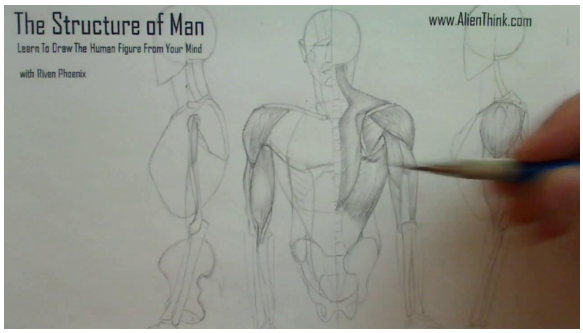
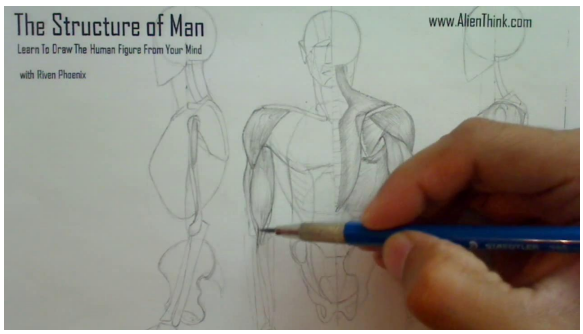
29		And it's going to go in just this way, right?
30		Right, just look it.
31		Just don't draw the bump.
32		Just compare this okay.

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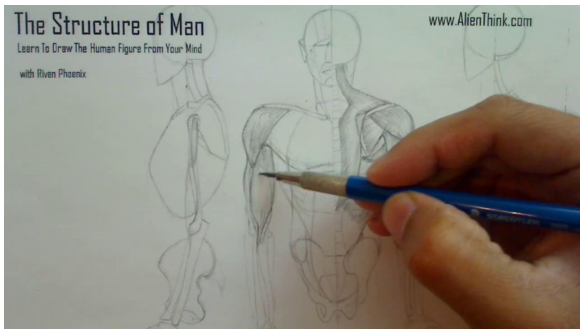
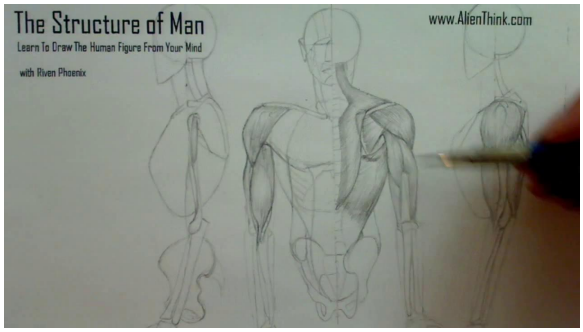
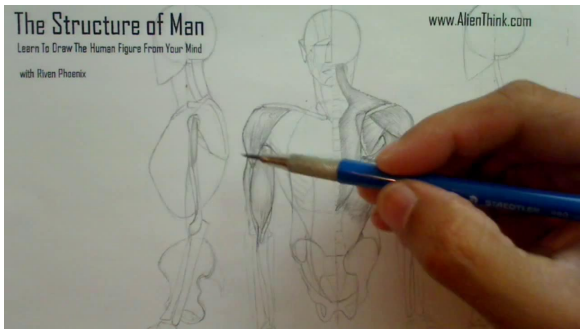
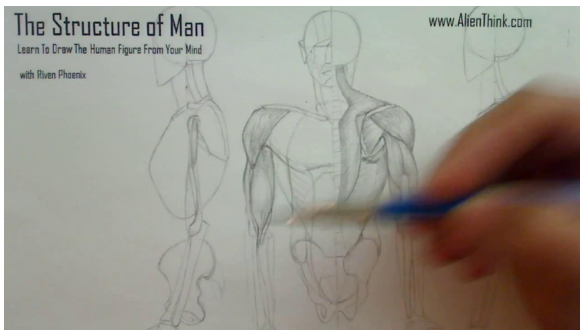
33		Well, where is that white area here on the back and why is this puffing out like this?
34		Right, it has to puff out where this is this point.
35		That's what it's happening over here.
36		So we can draw it out just like this a little bit.

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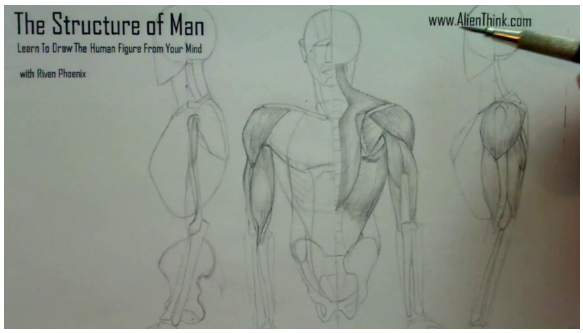
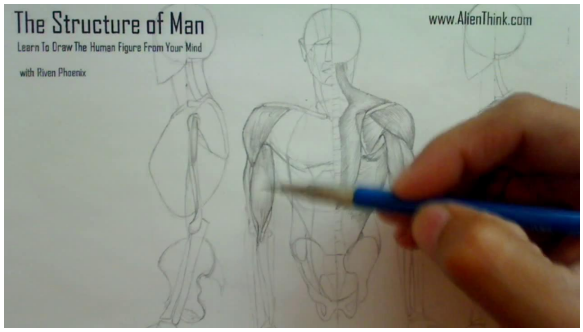
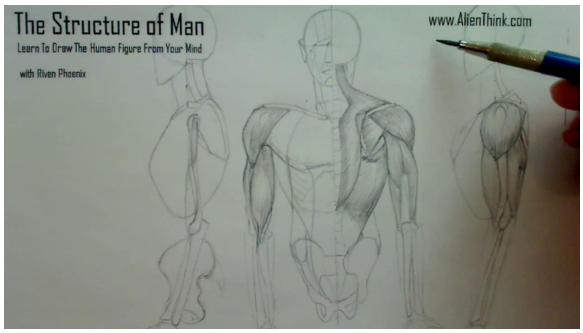
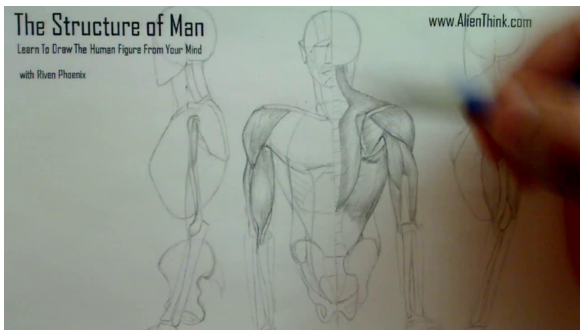
37		It doesn't matter.
38		Right, it's important to understand how big these muscles are going to be.
39		Okay, so now to...
40		Before we move on to the forearm, we also want to now understand this section over here.

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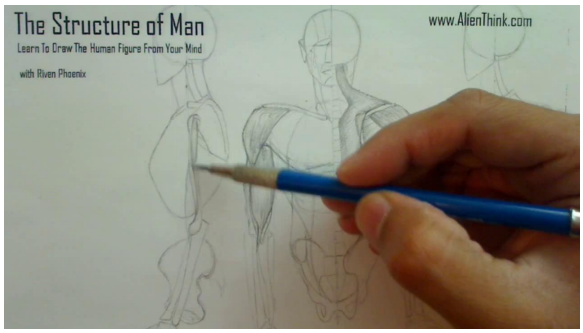
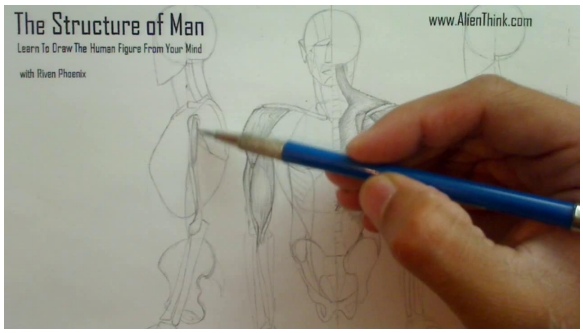
41		What's supposed to happen over here?
42		So this is now the inner view.
43		Okay, so this is where we're going to begin to understand some important concepts here.
44		Right, see this muscle, we know that it's going to be here.

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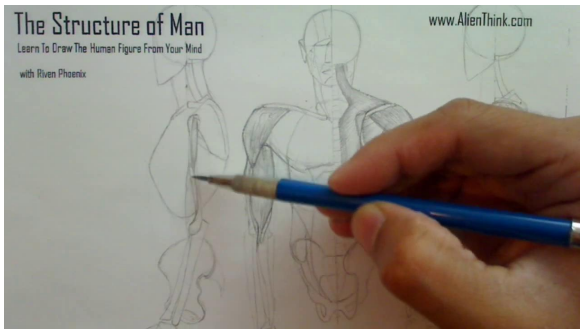
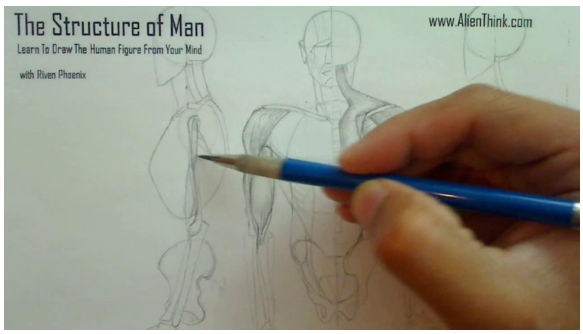
45		And we know that really from the inside,
46		inner view, the bicep is really going to be the guy who's going to come in the way more, just like this.
47		Right, so here it's better to draw out that idea in again.
48		Right, just get...

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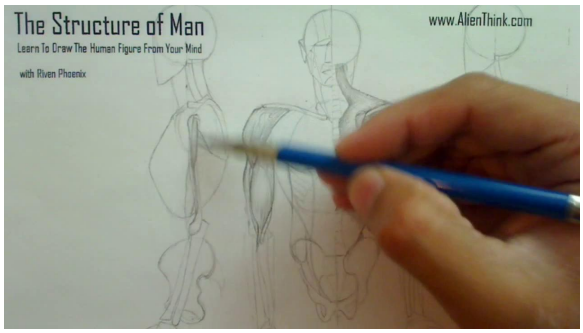
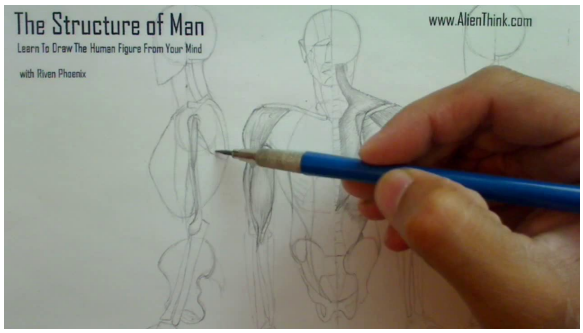
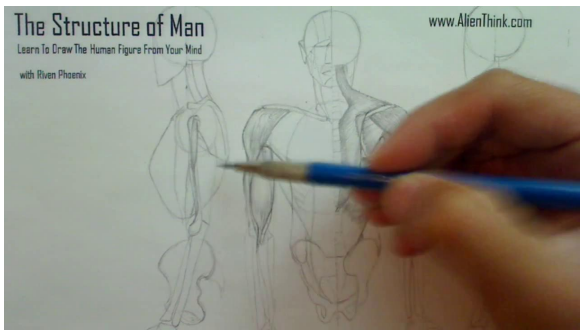
49		Draw it out so we get the best shape for the bicep.
50		Right, you're going to have to draw it out as if you're drawing out
51		the real thing over here.
52		Right, so here we can draw it out a little bit like this,

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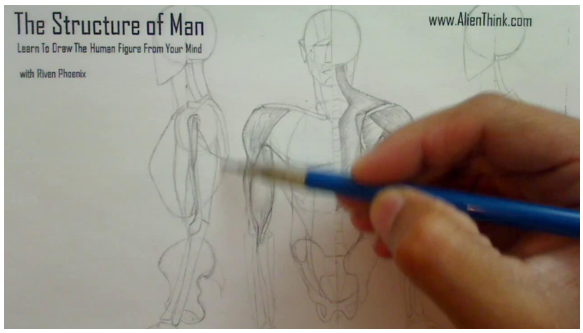
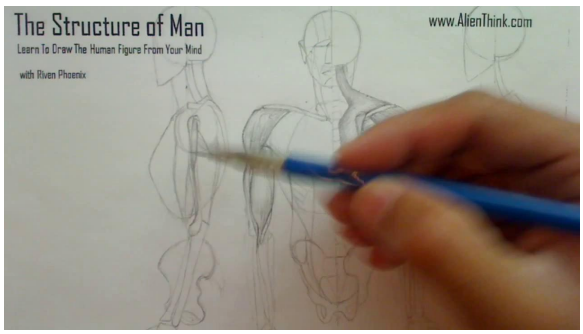
53		showing that okay, I really want the bicep to be like this.
54		Right, you're imagining drawing out the same thing over here.
55		Right, and you can make this a little more like this,
56		because you've got to get that understanding in.

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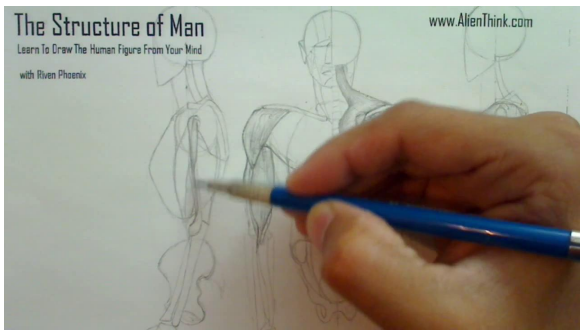
57		So we know that right from the inner view, it's really the bicep.
58		It's really just coming like this over here.
59		And then from here, it's going to just go like...
60		It's going to be kind of big over here, and it's going to go like this.

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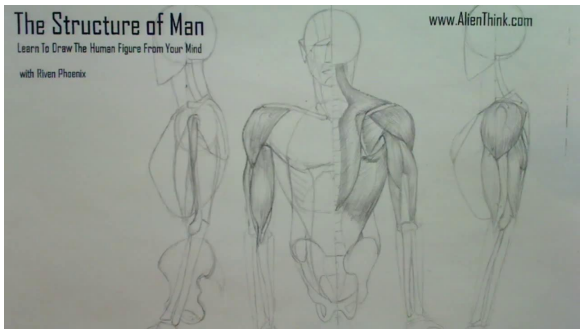
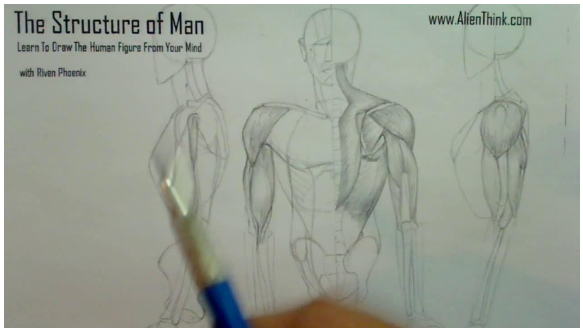
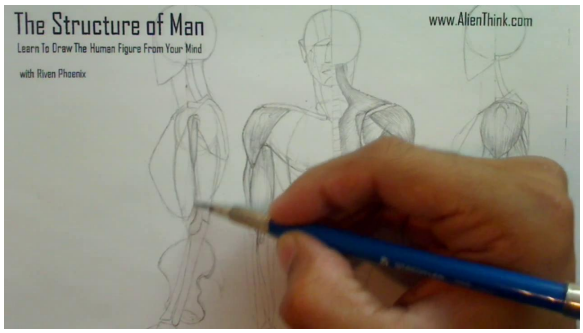
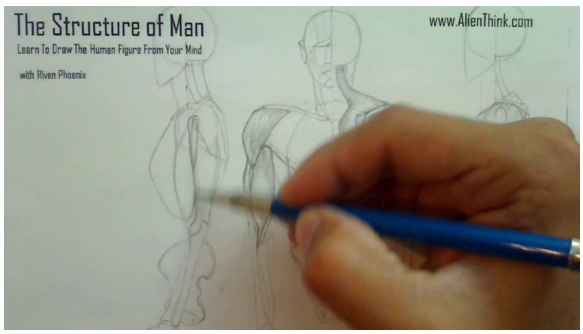
61		Right, so I'm going to erase some of this part, so it starts to make sense now.
62		So basically, I just left a little bit of that other muscle over here,
63		but look, the bicep really is connected also to this from the inside,
64		and it's just coming here because it's connected over there too.

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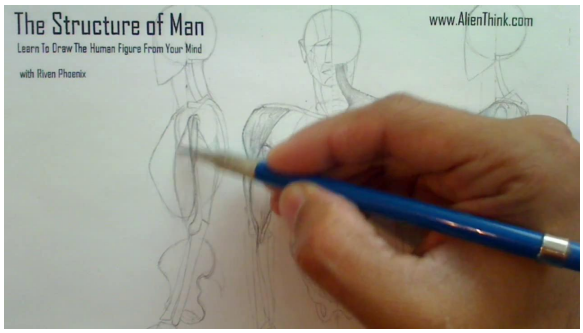
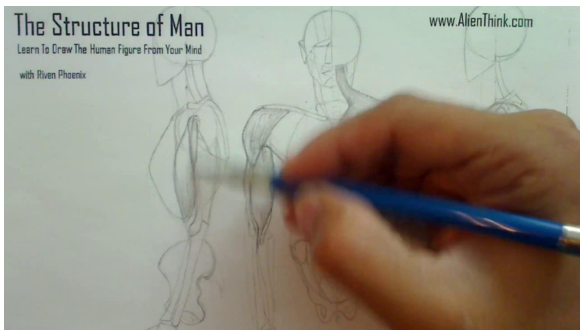
65		Right, so this will give us a better shape for the bicep.
66		So here we'll just fill this guy in just like this over here.
67		Right, so now this is going to be a key component to understand
68		what goes on in the inside area of the arm.

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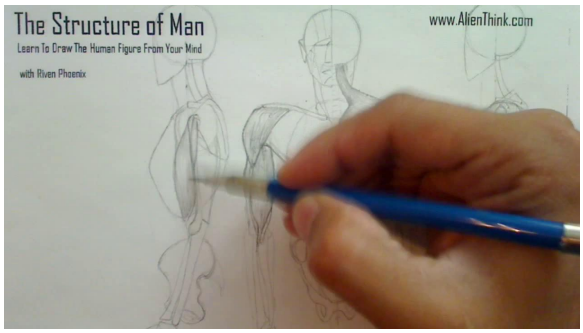
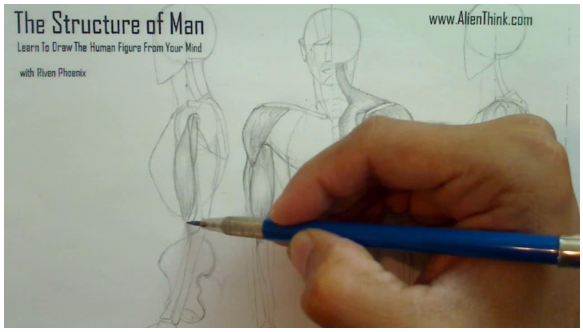
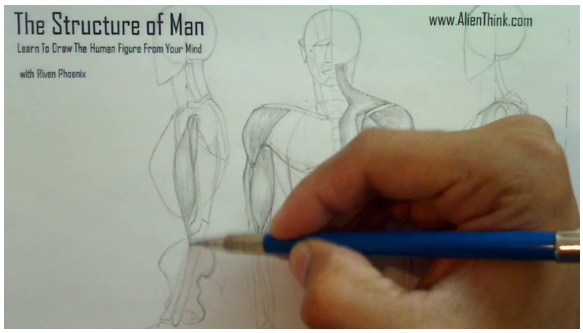
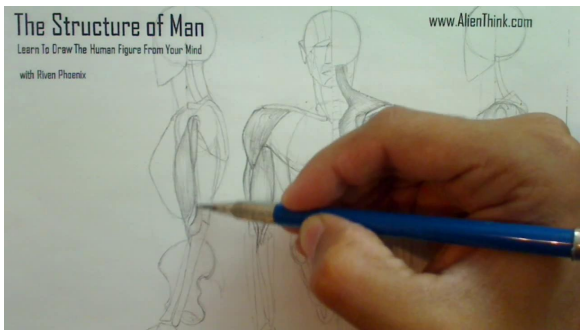
69		So you've got this big bicep over here, and from the inside view,
70		you know that okay, the arm is just going to the radius,
71		and this guy is coming over here.
72		This little muscle over here.

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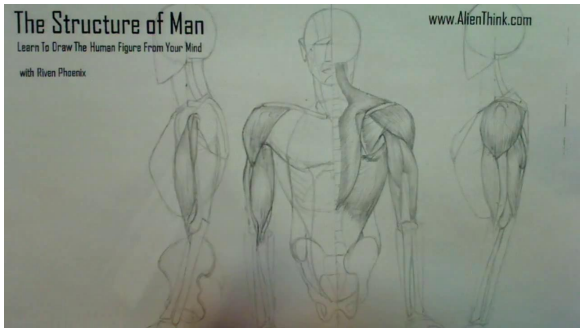
73		Right, so what happens with the triceps?
74		So now we're going to erase some of this stuff here,
75		and start to look at the triceps over here.
76		Right, so we originally said that...

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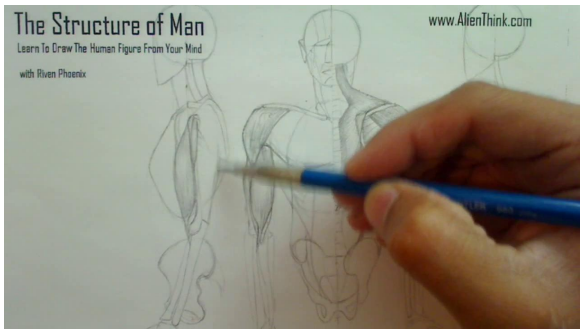
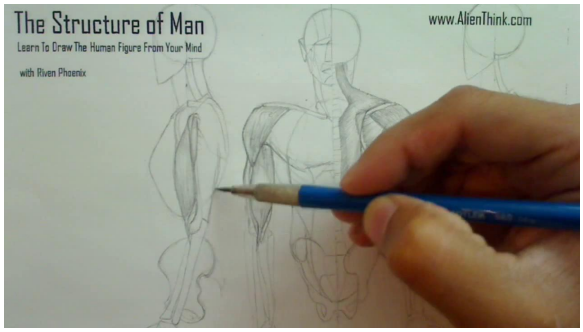
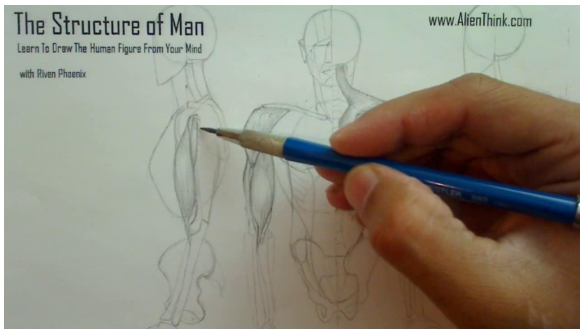
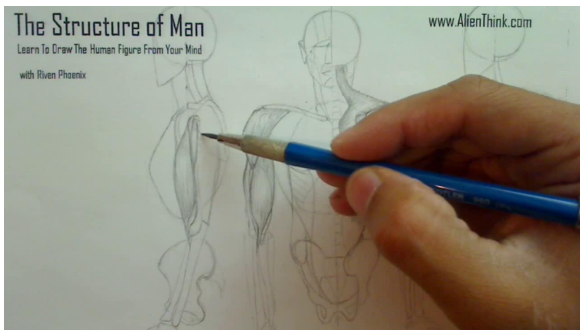
77		So now I want to think about the triceps.
78		It's going to be that big.
79		Well, we know that really from the inside,
80		the triceps is kind of like connecting over there.

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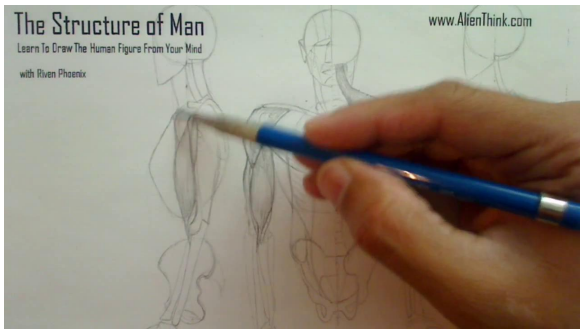
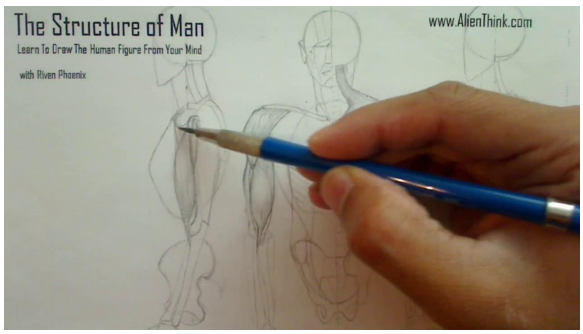
81		Right, so what's going to happen?
82		Right, you're going to get that deltoid that's going to be here.
83		We can't really see it, so we'll just cut it like this,
84		showing that the deltoid is really going over here,

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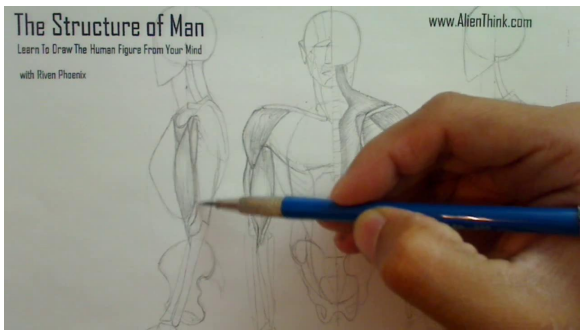
85		and it's going to go about its business over here,
86		and this is really the inside of the armpit that we're looking at.
87		So what happens is that the tricep is now going to do the same thing over here,
88		just like this, right?

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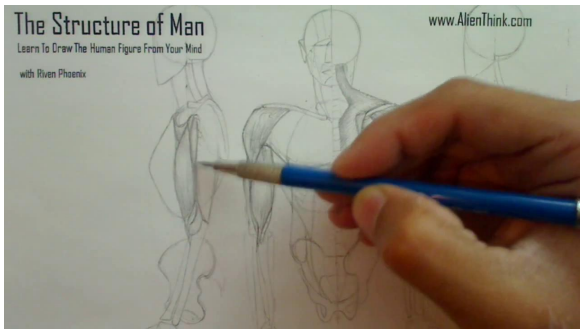
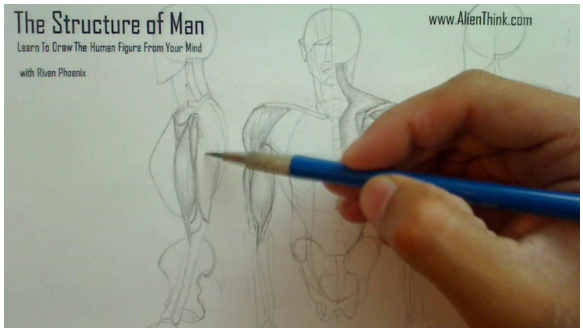
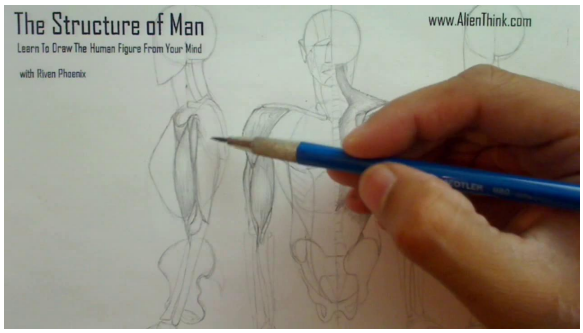
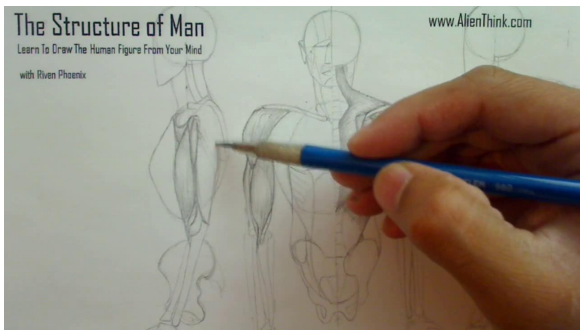
89		It's going to be a huge tricep over here,
90		and you're going to get that cut that we talked about, right?
91		Because he's going on the bone like this,
92		so he's just going to be like this.

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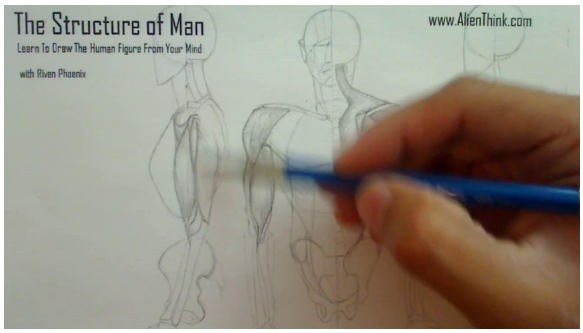
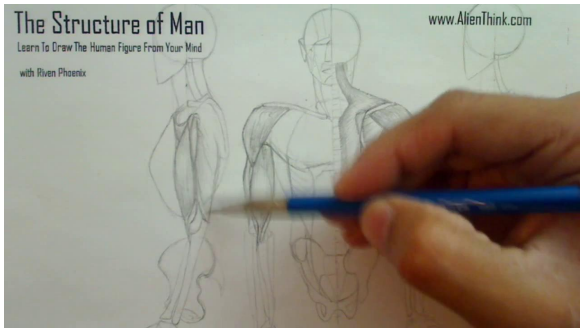
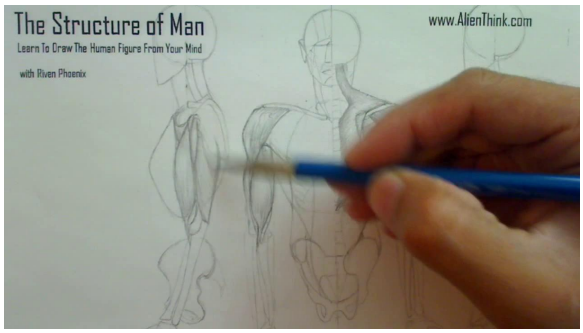
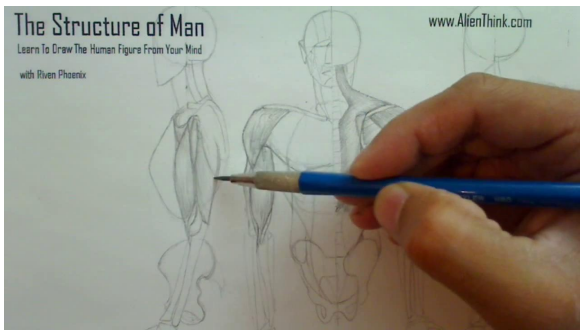
93		So you're going to get the tricep like this over here.
94		Okay, what's important to understand about this drawing that we're doing, right?
95		You're going to get that line.
96		Don't forget that line because it's connected to the scapula.

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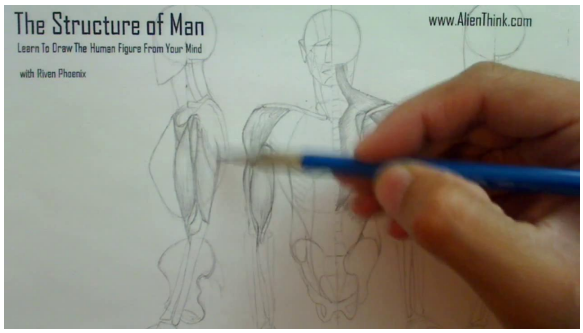
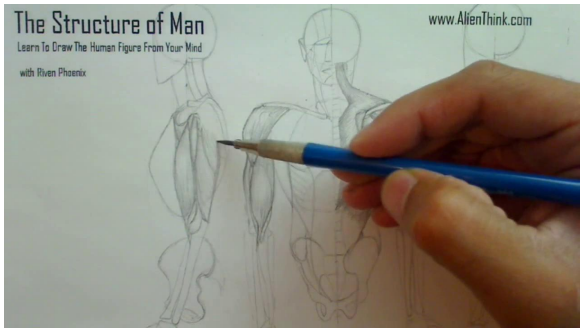
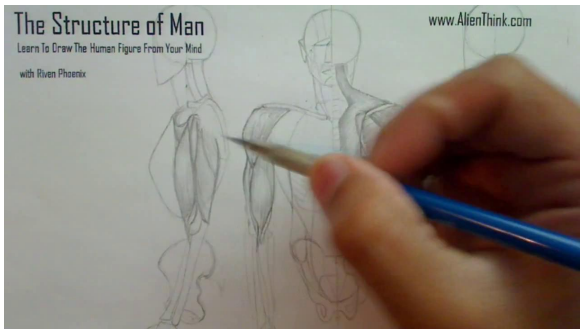
97		Right, it's just going to be like this.
98		Just understand that the tricep is like this.
99		What's important to get from this is look at this muscle.
100		It goes between the bicep and the tricep,

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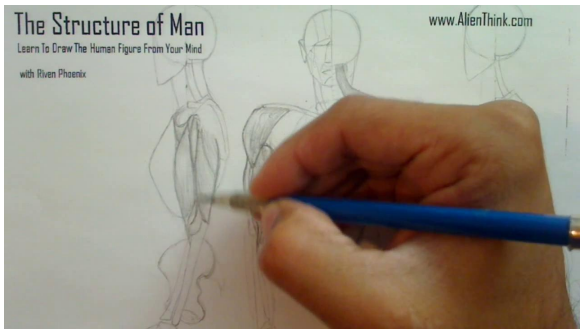
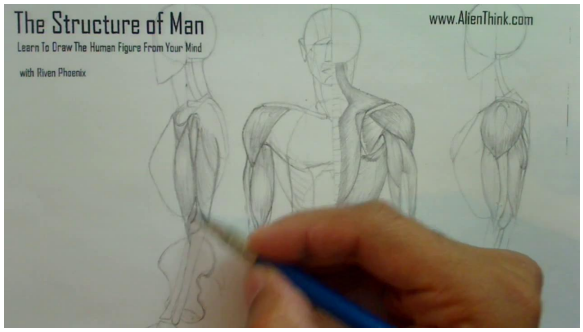
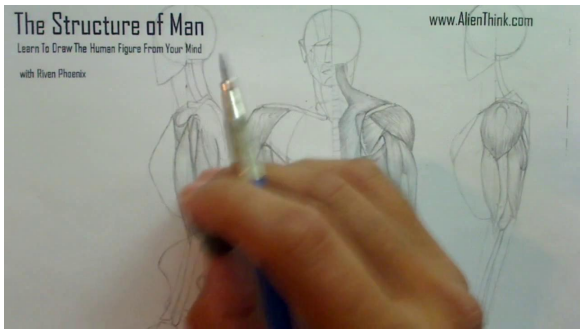
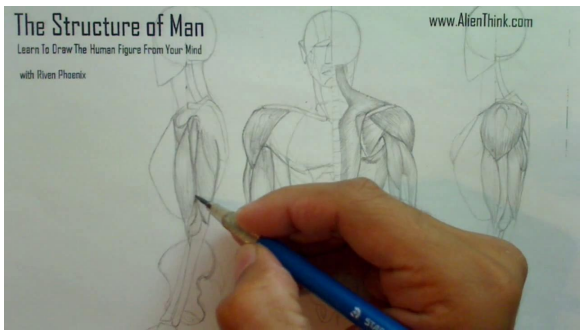
101		and these guys just basically go back and open up, right?
102		Because you're going to get the rest of the muscles for the forearm over here,
103		and all of this is going to start to make sense
104		when we put all the muscles and close this chapter, right?

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105		To understand that you're going to see this,
106		because they're going to both collide together.
107		You're going to see a little bit of this.
108		Okay, and this of course is just the other part,

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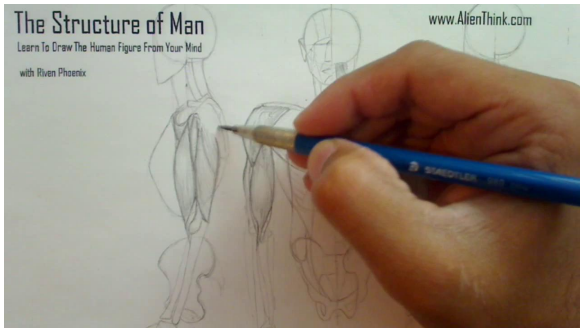
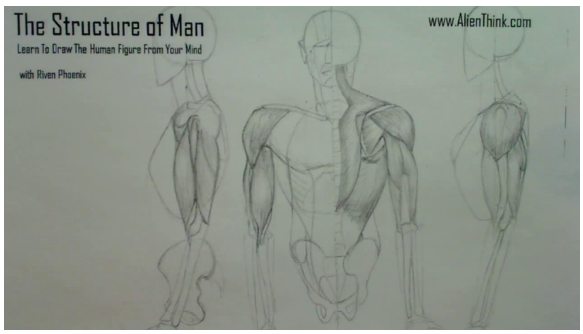
109		and you know that, right?
110		It's just going to be going like this, the shoulder over here.
111		Right, we can't really see it because it's the inside view.
112		Okay, so what we can do now,

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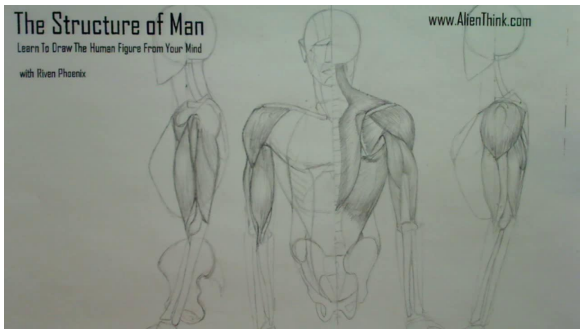
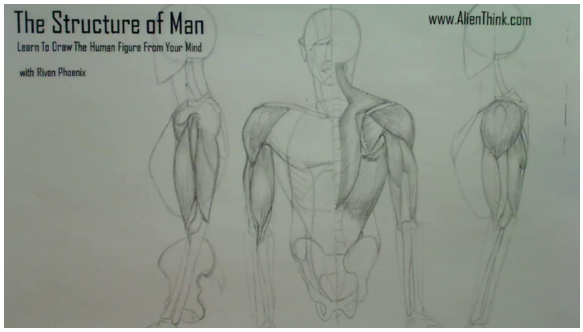
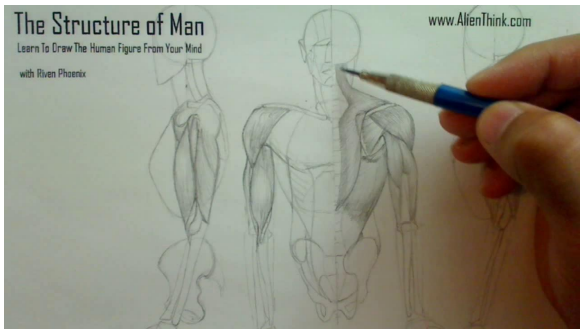
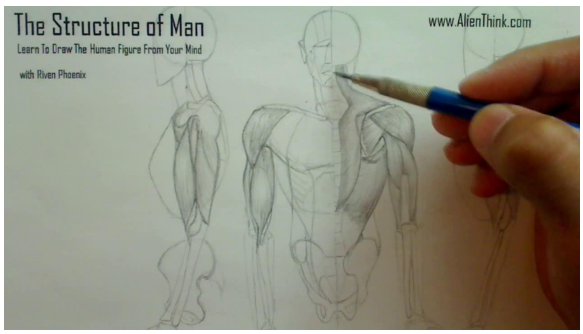
113		before getting into the forearms,
114		is just finish up this section over here.
115		Now you see where this is, right?
116		So here you can now envision,

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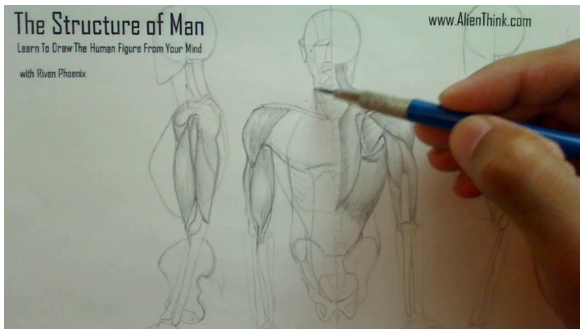
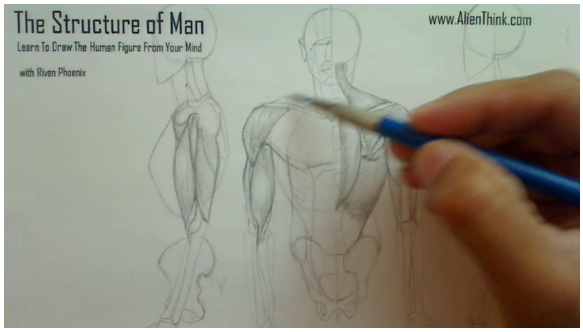
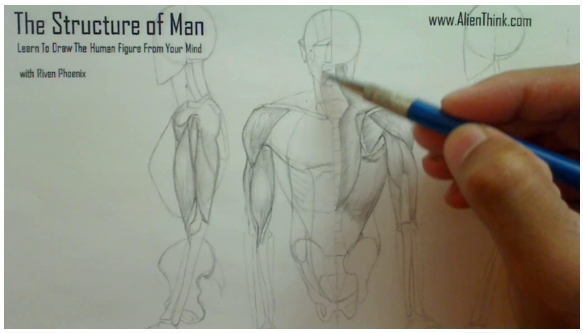
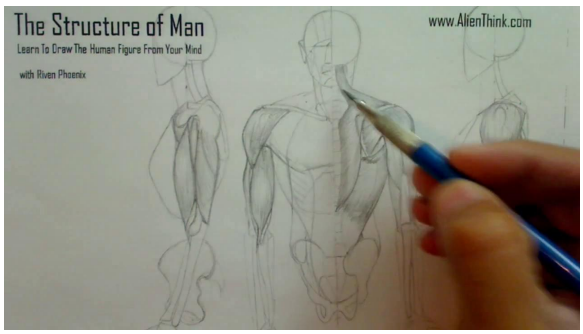
117		okay, I see what's going on.
118		It's really this muscle.
119		It's going like this, right?
120		This is why these comparison drawings allow us to see things that we can't see,

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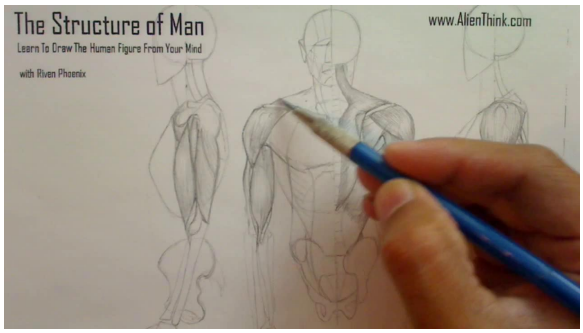
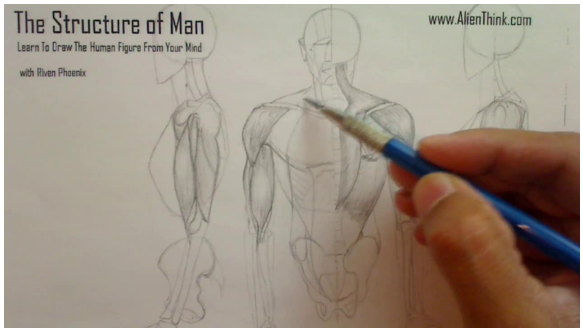
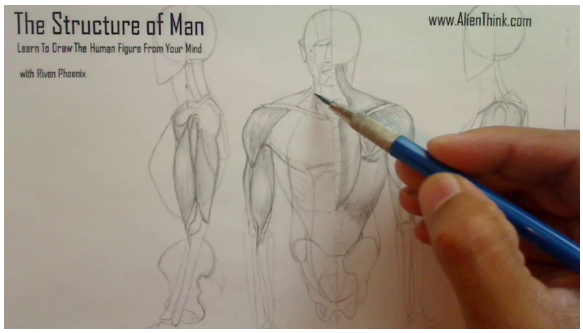
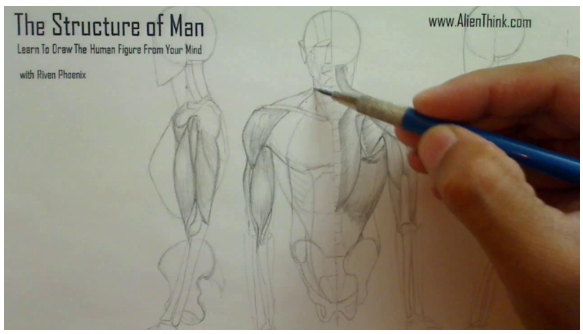
121		or couldn't see before, right?
122		And he's just going to go like this over here,
123		and we know about we're going to get like this MD space.
124		So here, we know that this is just going to cut like this,

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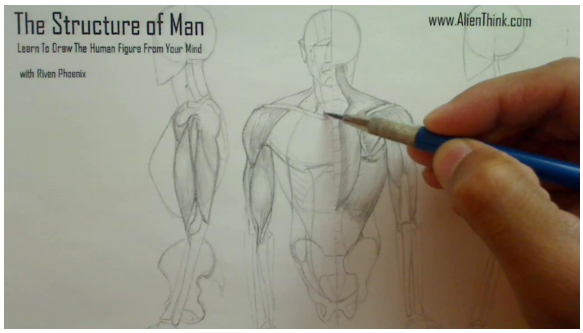
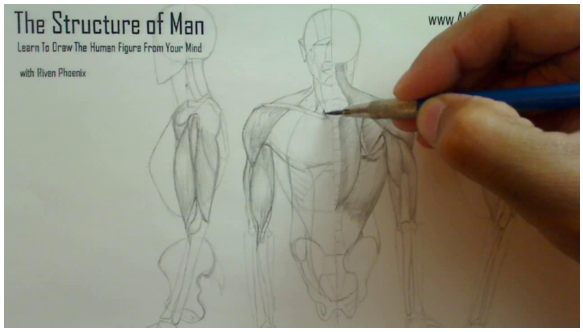
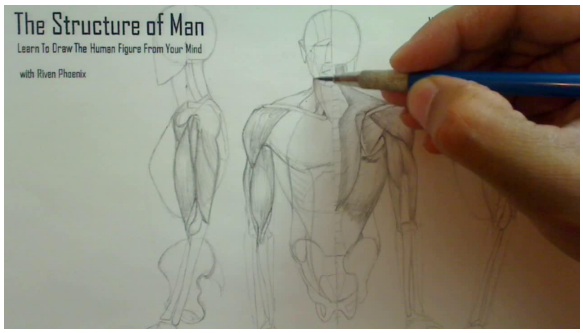
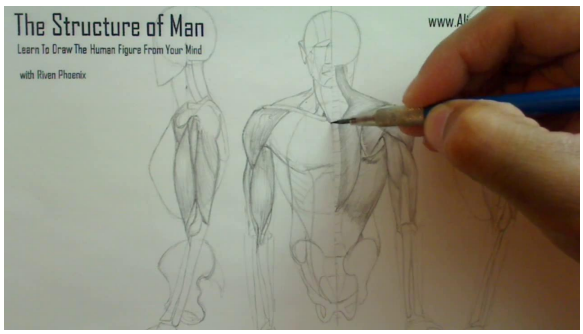
125		and we're going to get this area over here,
126		for the surface anatomy, right?
127		So this muscle here is connecting here to the stair up.
128		Right, it's going to come all the way in.

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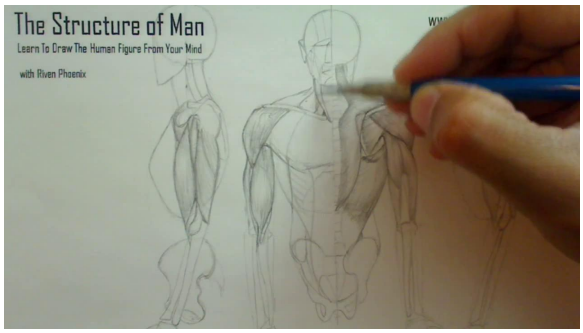
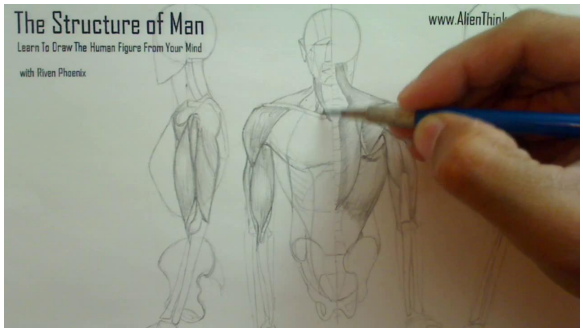
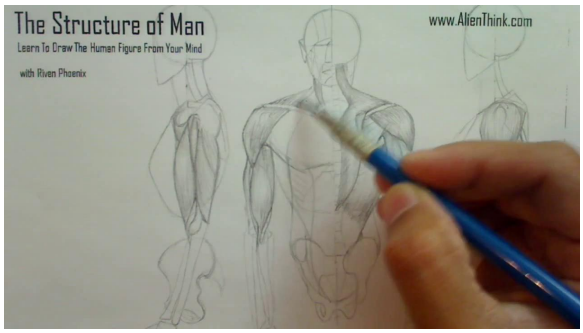
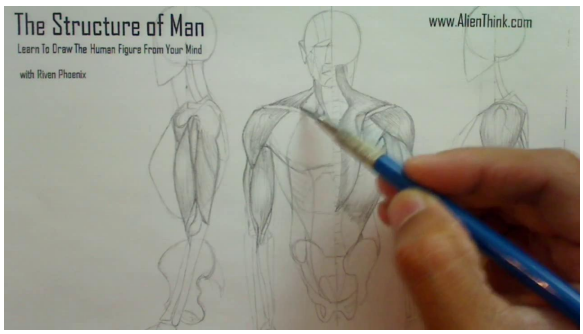
129		So here I'm just going to put this guy in over here, like this,
130		and just finish off the drawing.
131		And this area here is just going to be dark in here, right?
132		We're just going to fill this in like this.

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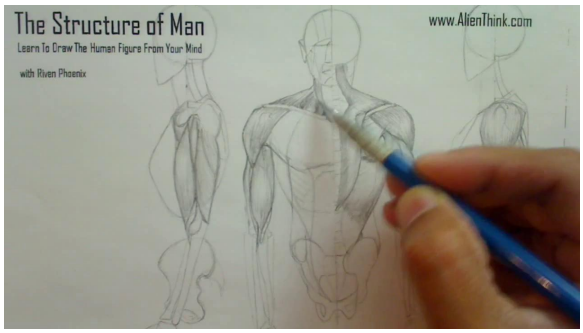
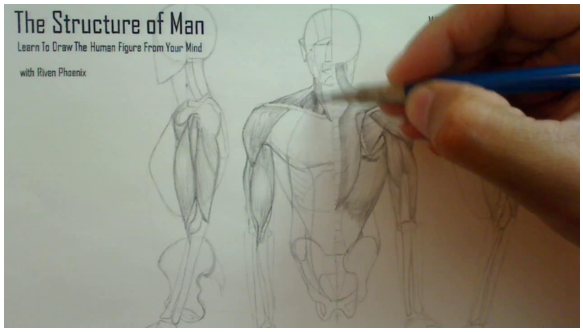
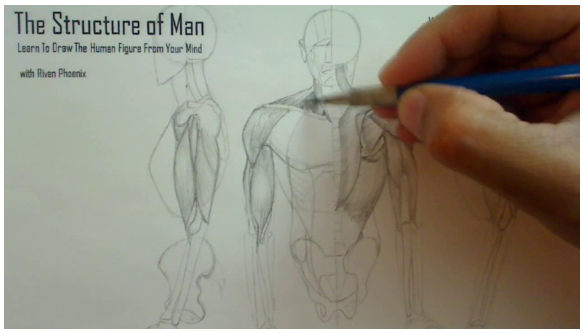
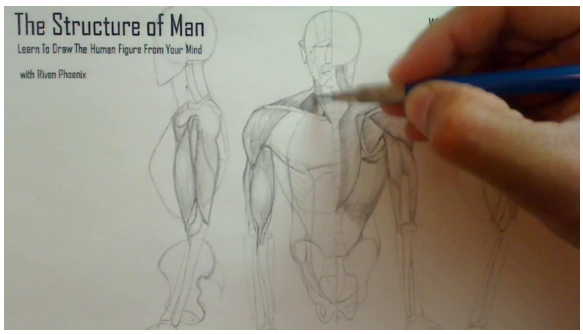
133		We understand that this is more dark and show over here, right?
134		In surface anatomy.
135		It's not a hole, it's just going inside, right?
136		It's better to do it this way.

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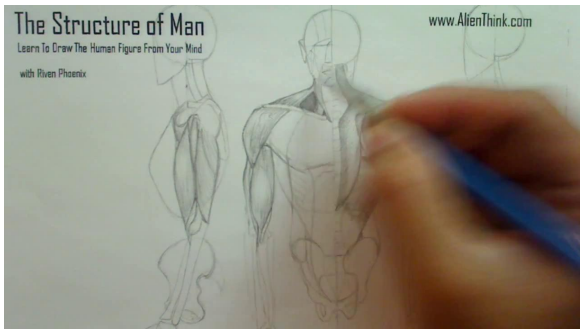
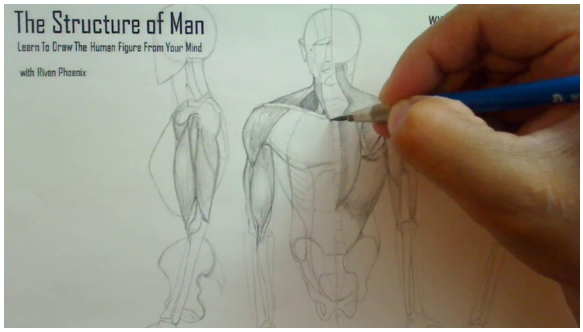
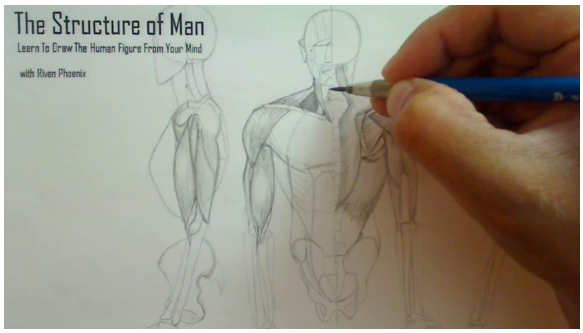
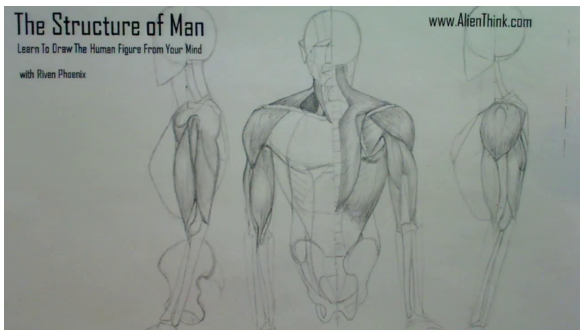
137		Okay, and then you'll see this relationship coming out like this.
138		Right, and you know about the Adam's apples just going to be here.
139		We know about those two muscles that are just going to be coming down this way.
140		Okay, so here we can just add a little bit of shadow work.

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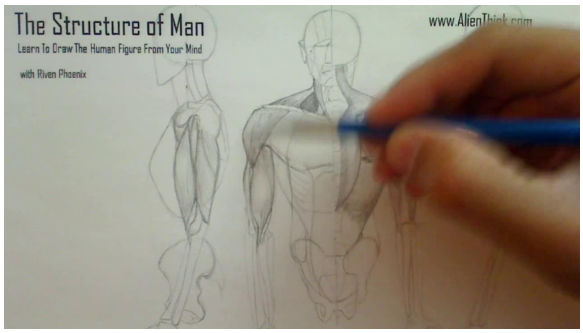
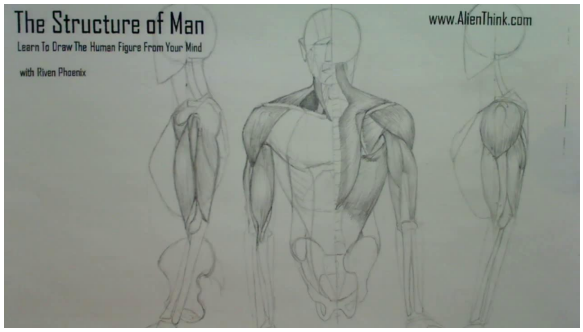
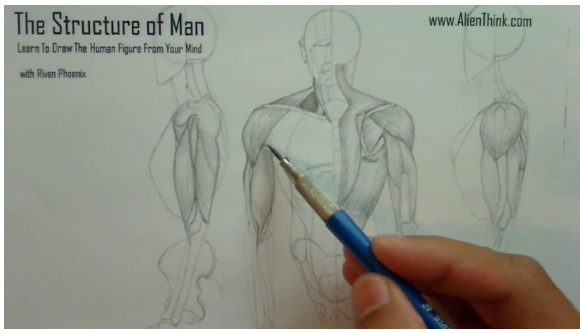
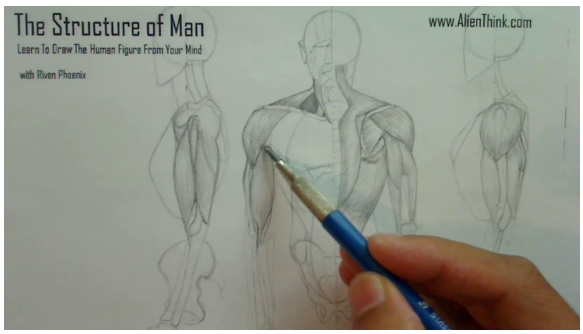
141		To fix some of these areas here.
142		And here we can now add the muscles for the pack, right?
143		But look at the connection that this must come here first before you get the bison, right?
144		You get this line.

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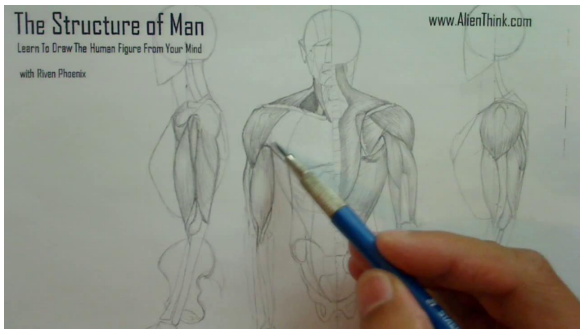
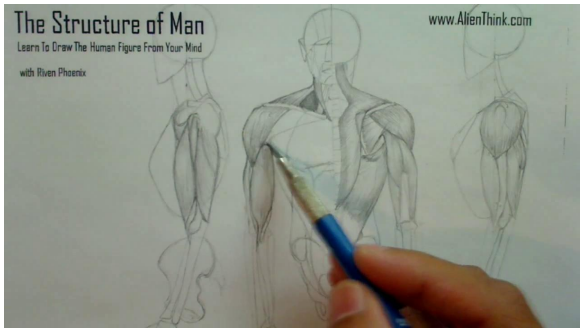
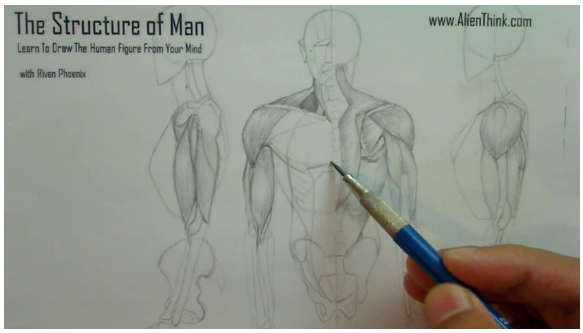
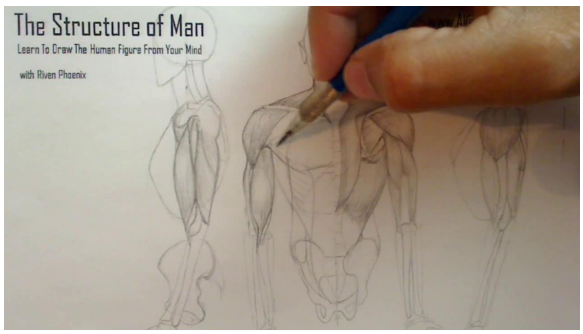
145		So here I'm just going to draw out some of these lines in this way.
146		And here I'm just going to do, right?
147		You're going to get three different lines.
148		So over here I'm going to just get this line over here.

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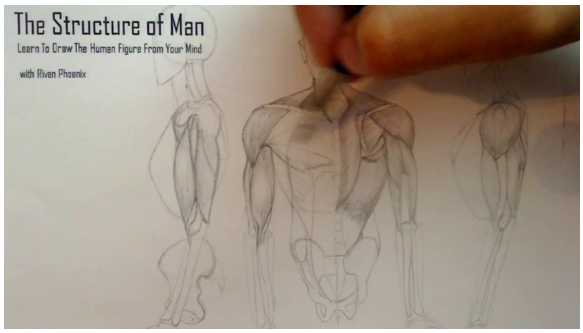
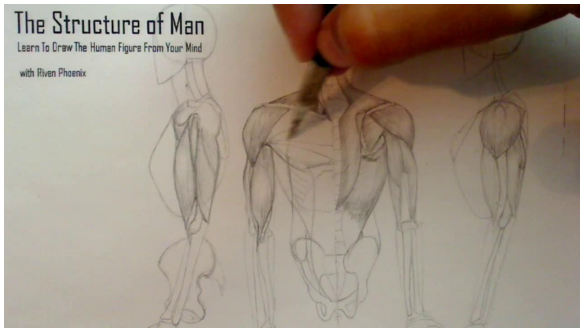
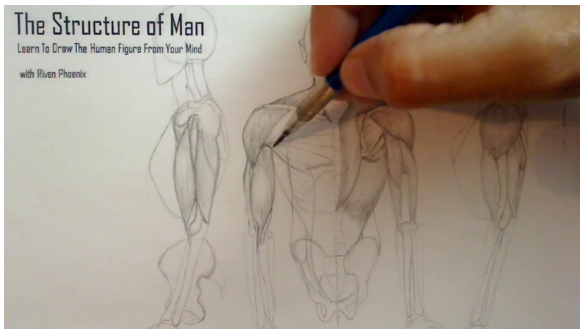
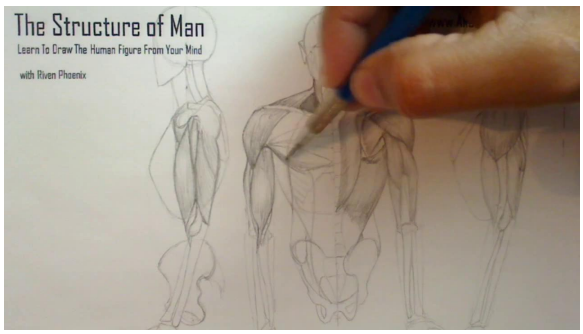
149		And I'm going to get this line over here.
150		And basically this line over here, right?
151		So here we can now start to actually add some shadow over here too before we add that in.
152		But this is really more in the shade.

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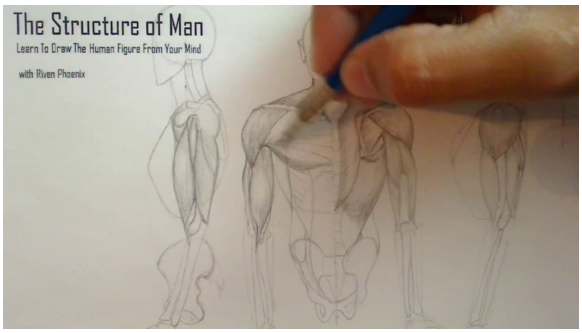
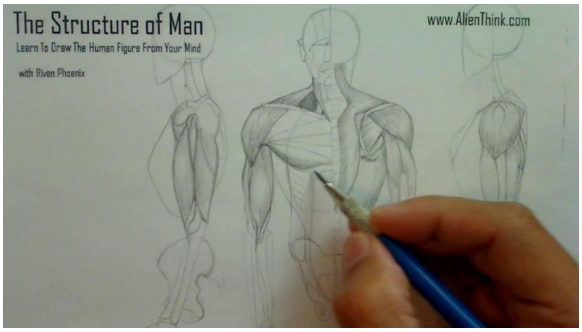
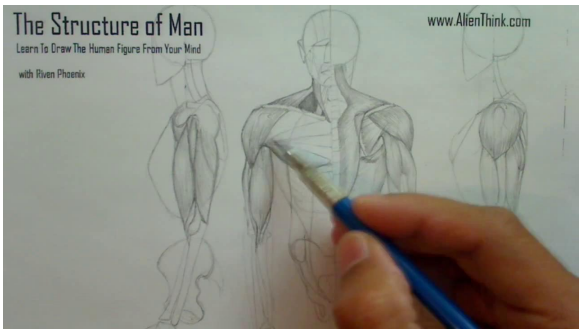
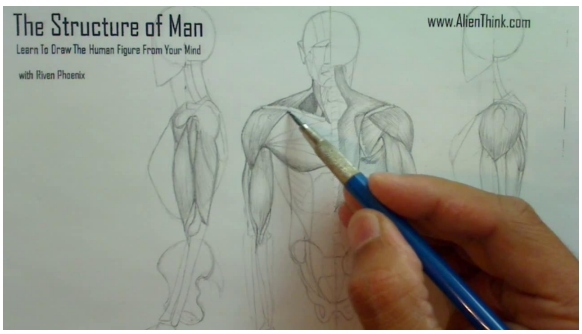
153		Make it a little more realistic looking.
154		Over here, right?
155		Right, so here I'm going to make this line a little more darker.
156		I'm going to get a little bit of that wedge.

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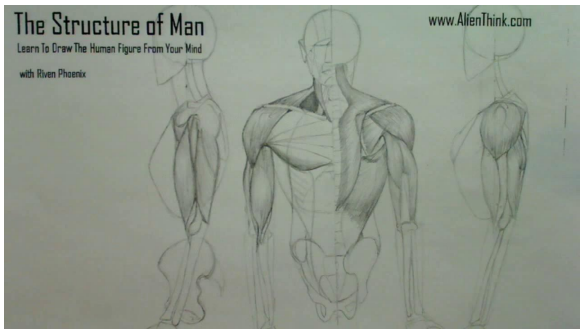
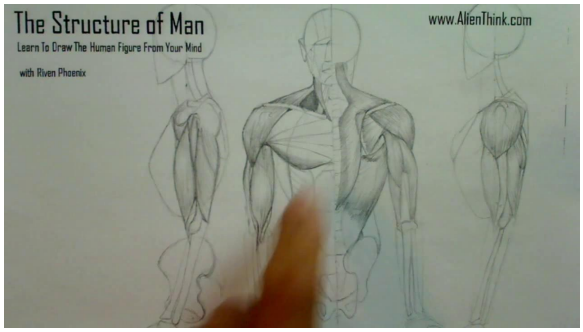
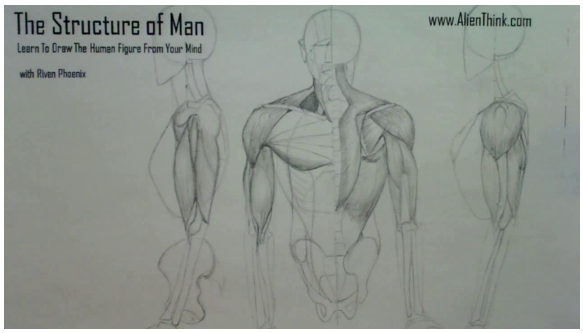
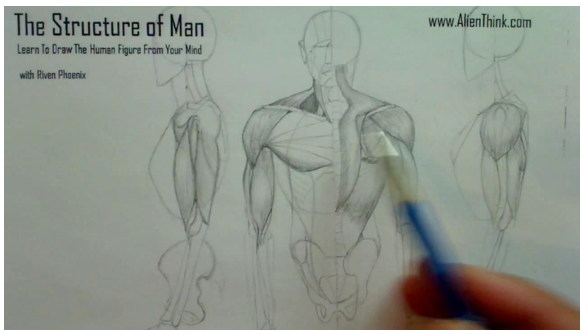
157		And then finish that up.
158		And look at the relationship between both of the muscles.
159		That's how they're relating what the differences are.
160		Okay, so now we can just finish this off like this.

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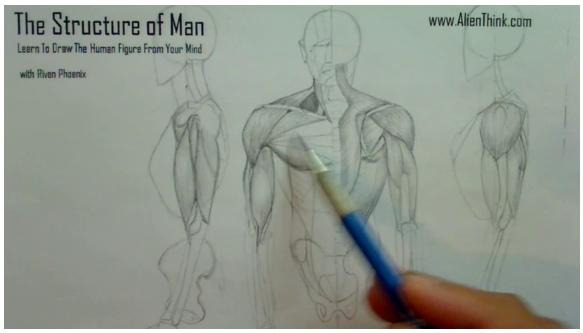
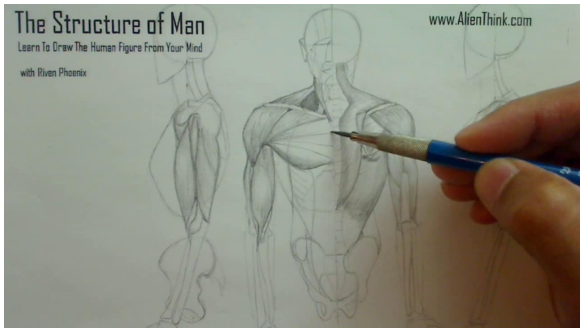
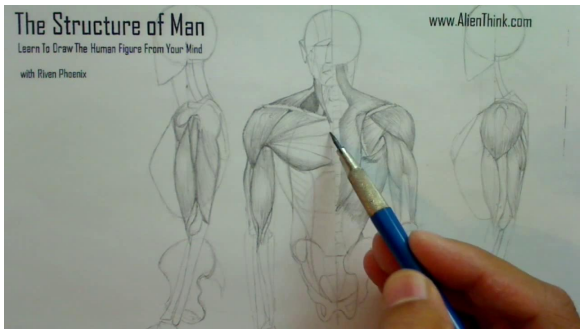
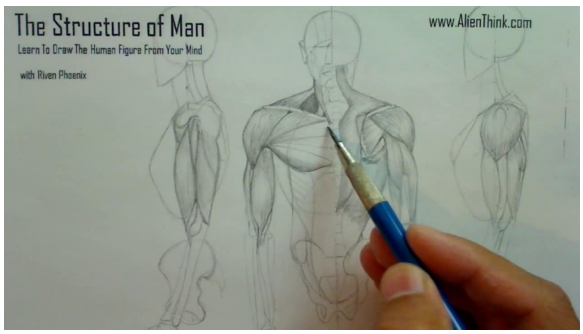
161		And over here, the pec muscles, right?
162		They're just really going to be connected like this a little away from the stair.
163		So here I'm just going to lightly.
164		Or you lightly put this in like this.

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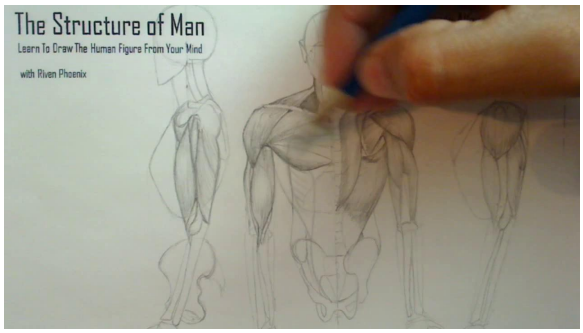
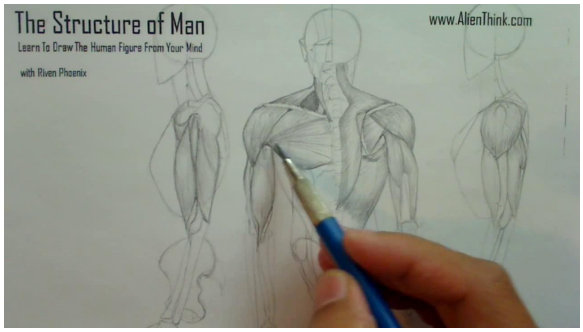
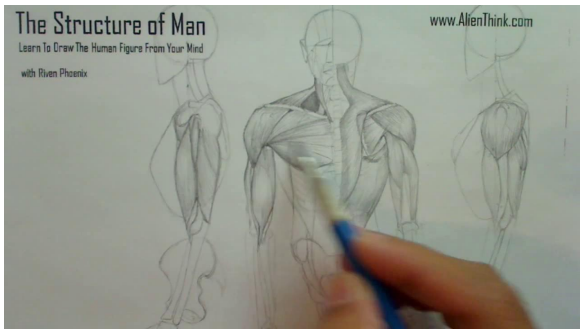
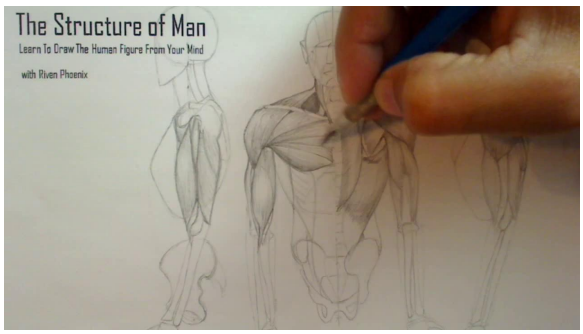
165		And then over here, I'm just going to quickly finish this up over here that is all just filled in like this.
166		Right, so we can just put these lines here to show that right.
167		It is really we understand that it's going to be divided up like this, right?
168		Right, you can make make it a little more shadowy over here to show that this pec muscle really is just coming out a little more over here like this.

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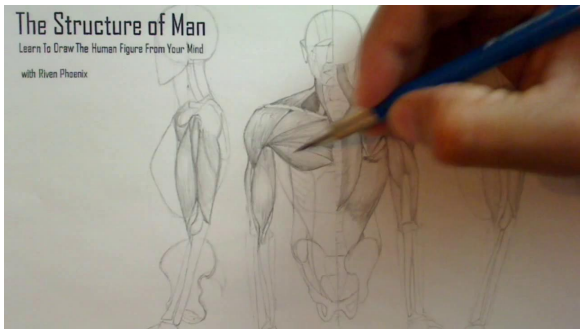
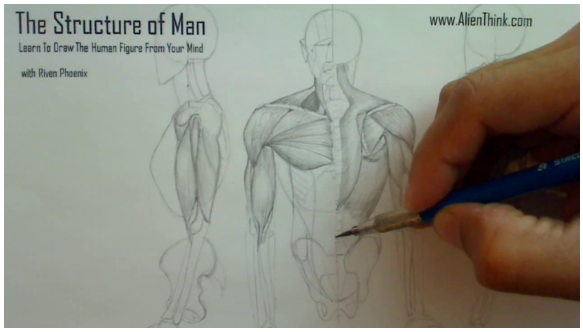
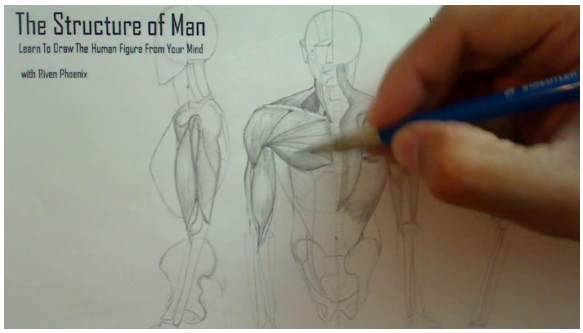
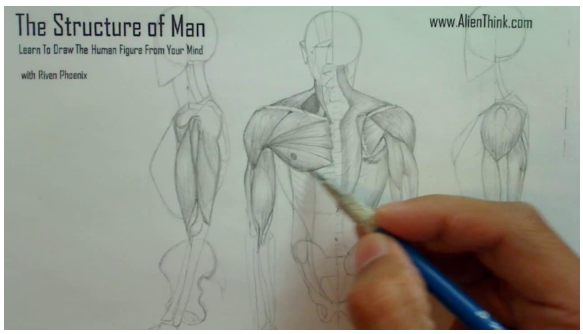
169		Okay, so here is the make sure here, right?
170		This is the naval and over here.
171		Basically, I'm going to get the the nipple over here for this guy, right?
172		So here we can just really add a little more shadow work over here and bring some of these muscles out a little bit more.

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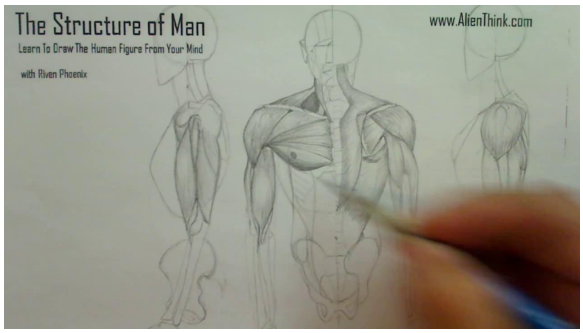
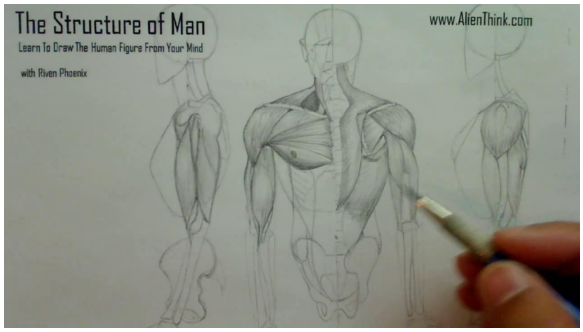
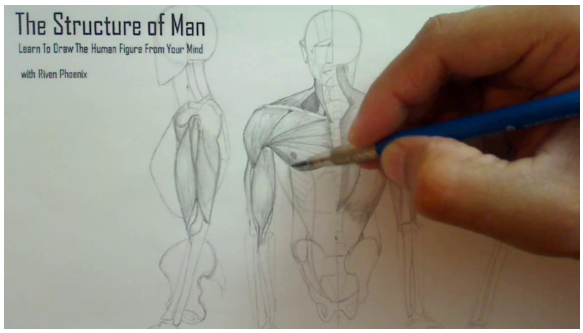
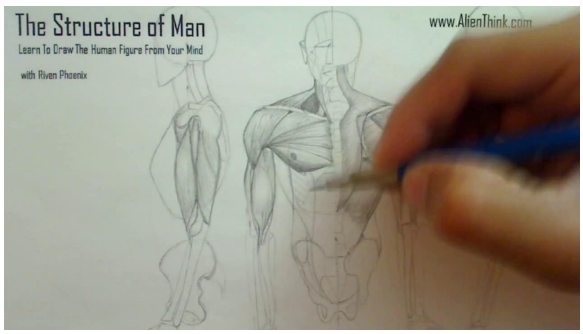
173		Okay, so now we got that established over here.
174		Okay, so the next thing is that we want to now look at.
175		Okay, well, I know about a little bit of that muscle that comes out, right?
176		It's just going to be here.

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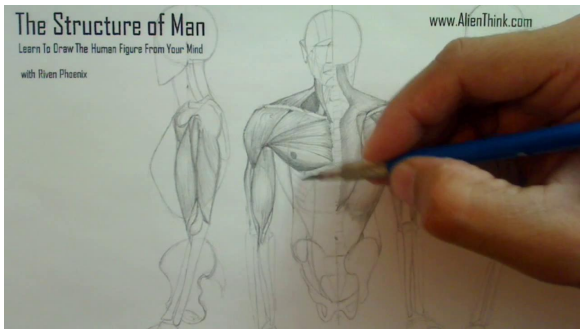
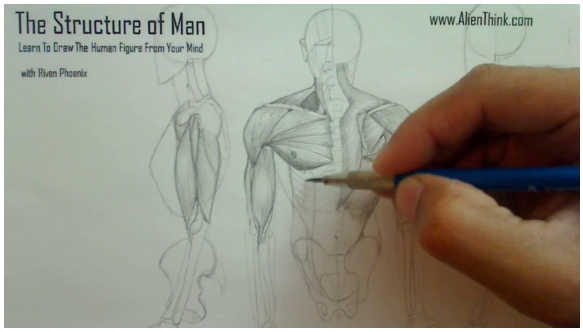
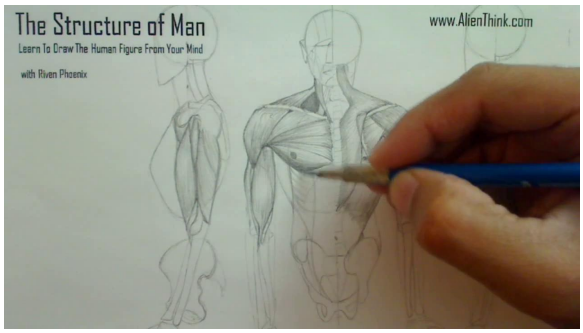
177		This is these are the six, seven, eight, nine, and ten, right?
178		So how is this going to work?
179		Well, we just think about the oblique muscles just draw these lines like this, right?
180		And this will basically solve, right?

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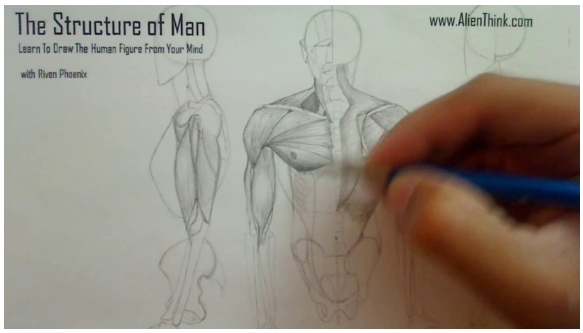
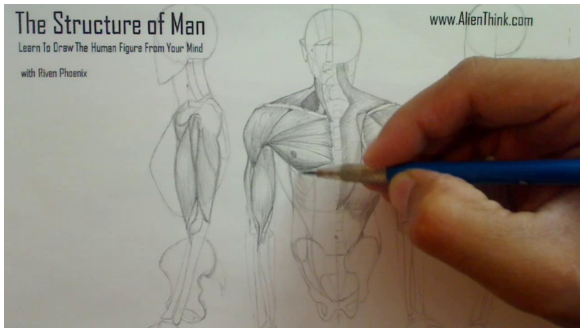
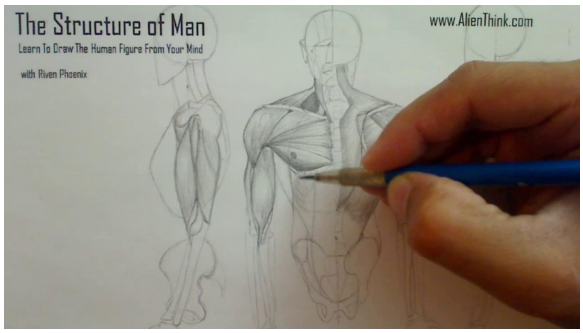
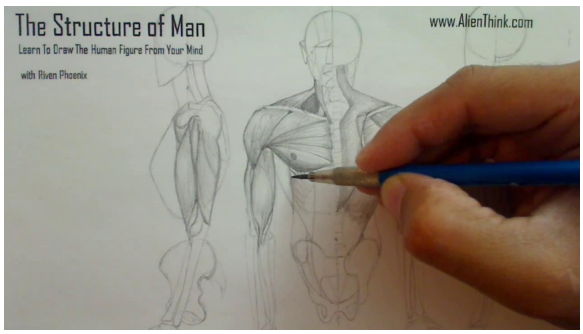
181		Remember the line that we're talking about is going to go like this over here, right?
182		So you can just basically figure out.
183		Okay, I see what's going on.
184		I'm really going to get it at most four of these guys, right?

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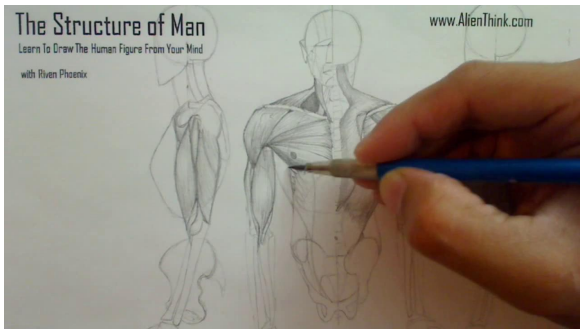
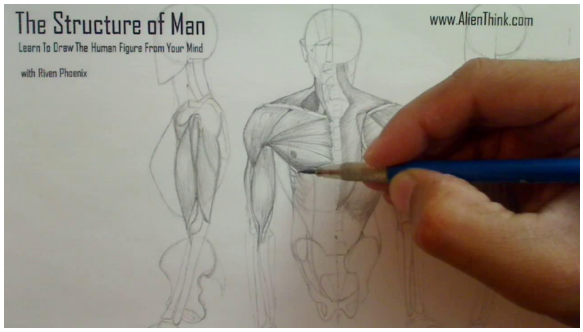
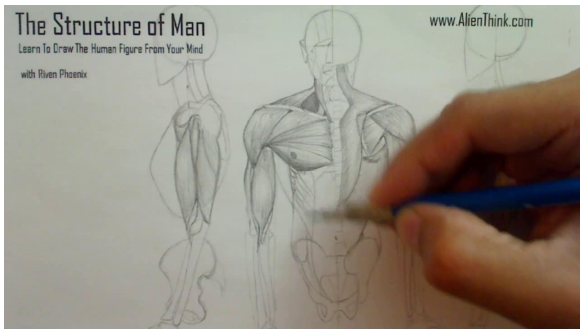
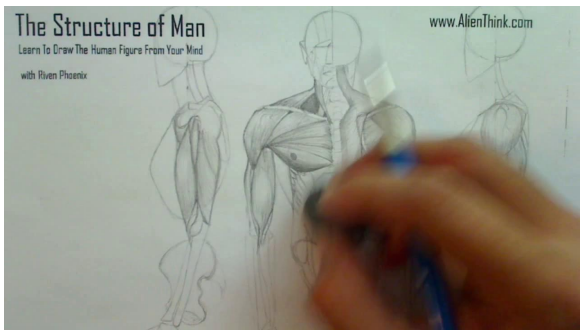
185		I'm just going to add like a small fixed one over here, but this one you're going to get that line over here.
186		And then this, the oblique lines are just going to follow the chest cavity and come back in, right?
187		Now we get understood that that's what happens.
188		So here we can now erase this stuff in here and just finish this drawing off from this side.

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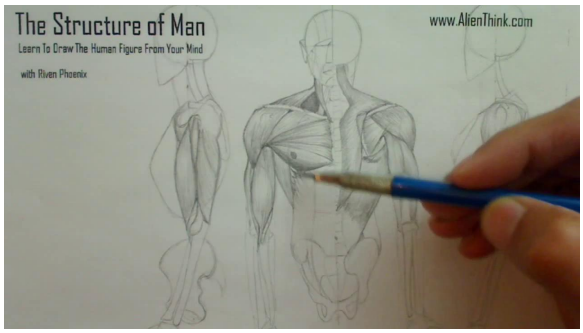
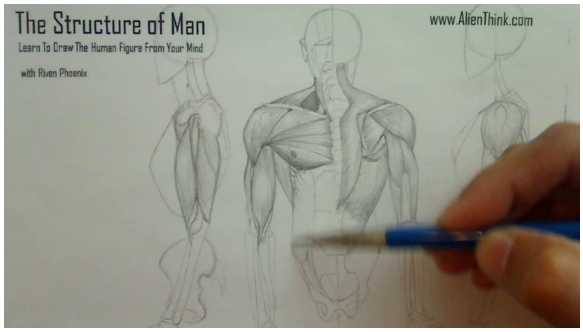
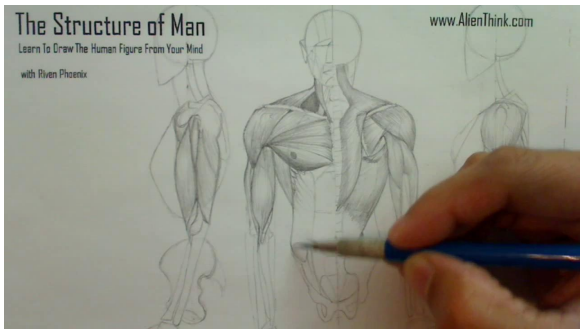
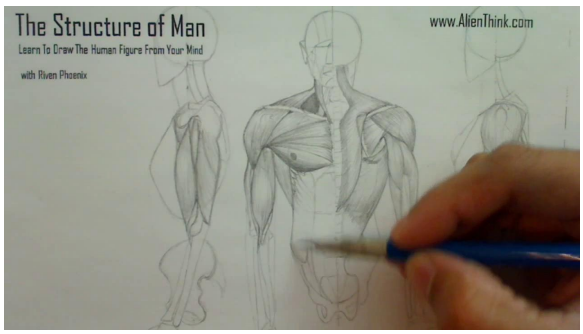
189		And then you know that this is all sticking and he's going in the back.
190		Then you're going to get the love handles that are just going to go this way.
191		Okay.
192		It's going to go this way here, here, here, and this basically is all oblique muscles, right?

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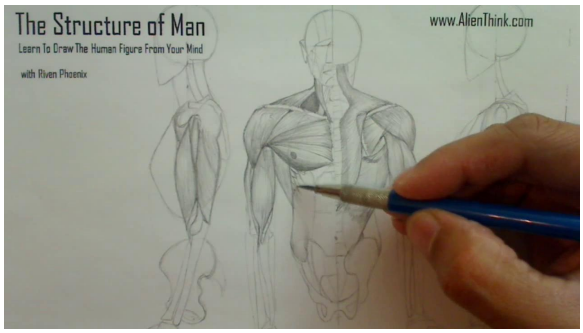
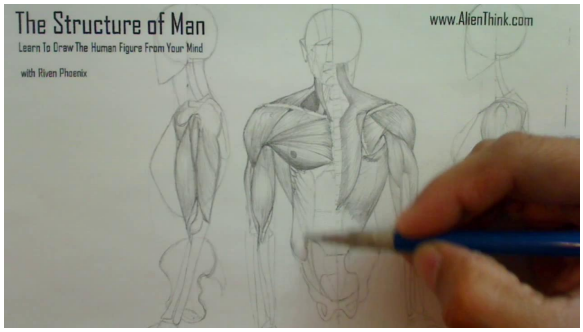
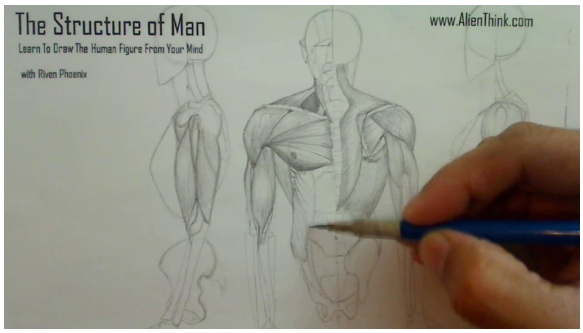
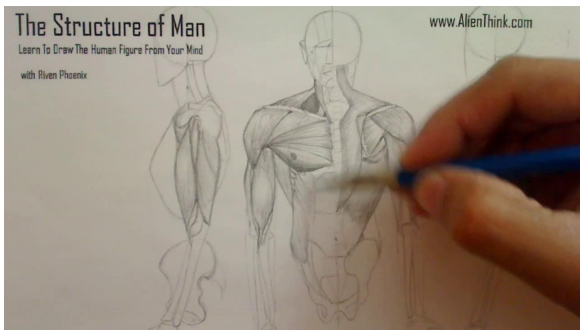
193		So when you get these lines, right, what happens is that these lines just keep going and going
194		and they actually end up all on the love handle also, this part of the whole system over here.
195		So all of this is just muscle over here, right?
196		It's just going to come down like this and you can shade this part in because you got to keep an eye out for this area here.

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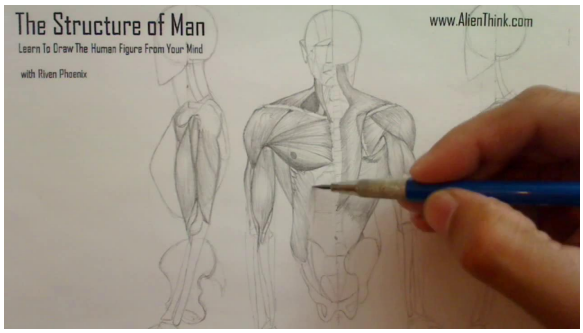
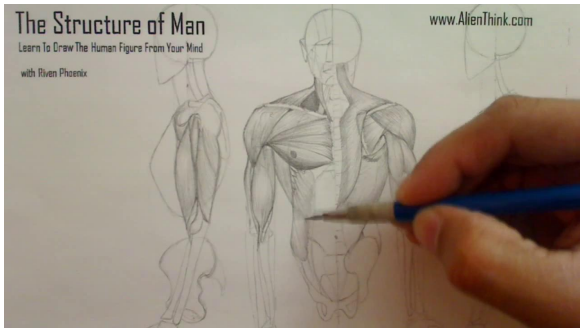
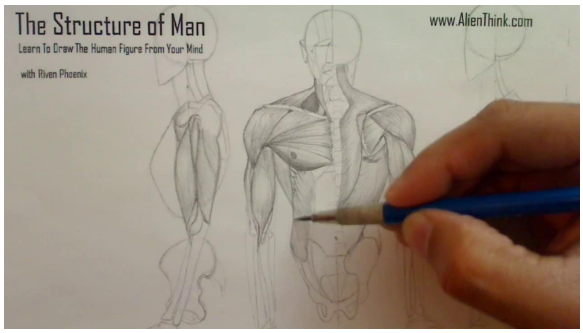
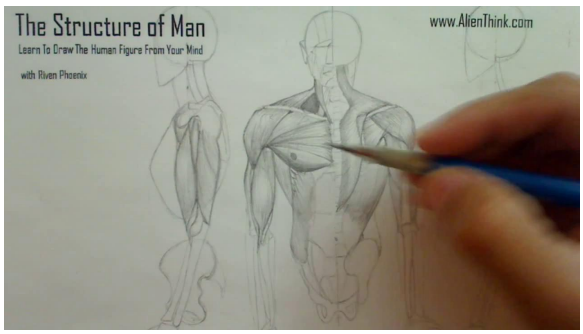
197		We know that, right, right, because the chest cavity is going here and really this area is going to be much more darker
198		because we learned that from our rendering stages, right?
199		In those other drawings that we did, so you can just make that a little darker to bring that out like this.
200		And lastly, we're done with this basically.

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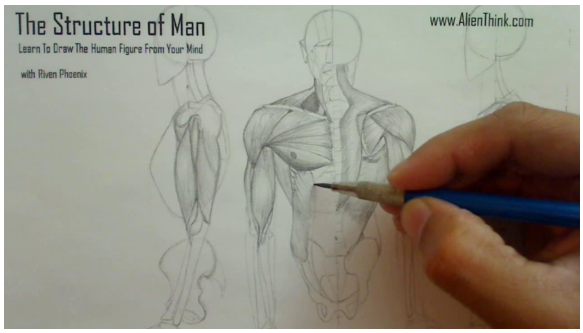
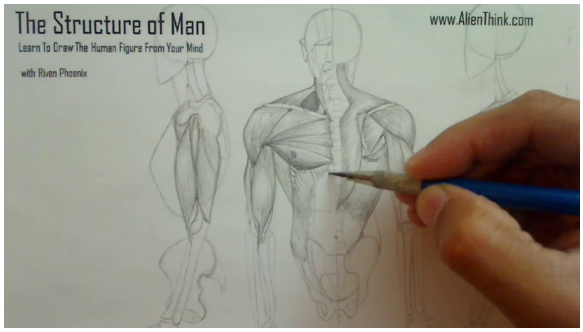
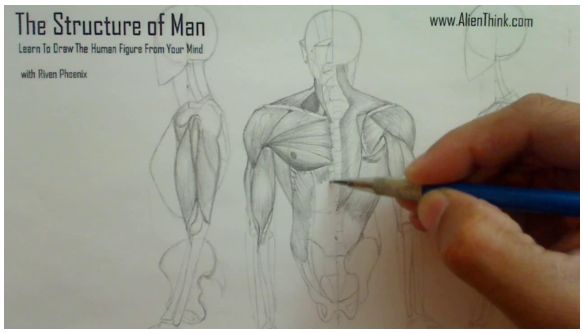
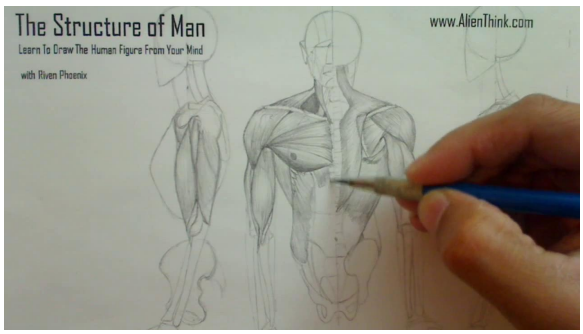
201		And here we're going to now get that app is going to be going like this.
202		And then he's going to go in a little bit over here like this, right?
203		It's going to come out a little bit like this.
204		Doesn't have to be so perfectly done.

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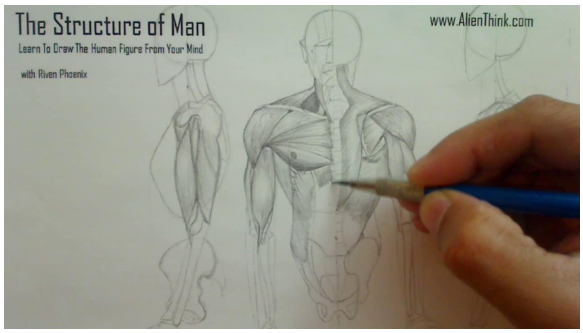
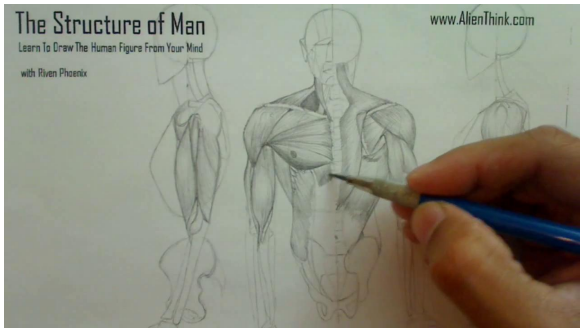
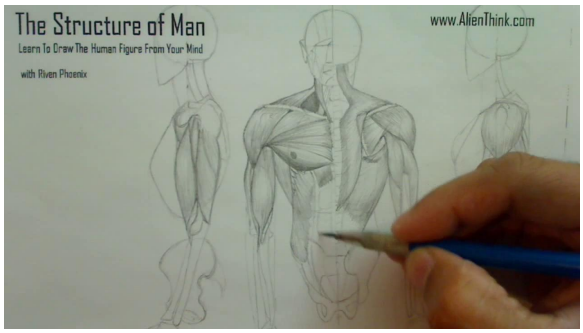
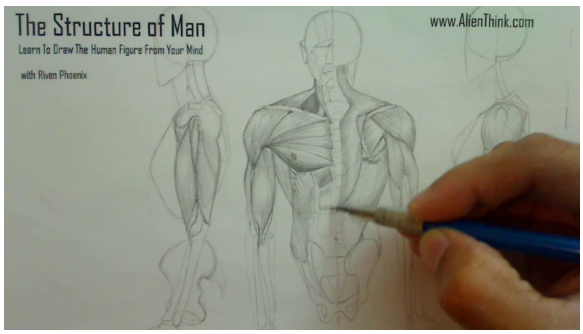
205		Just know that it's here on a line.
206		Okay, and then over here, I'm going to get, okay, I know I'm going to get two more apps over here, right?
207		I'm going to get two more apps over here and we can just fill them in the same way.
208		And just think about how they're actually 3D, right?

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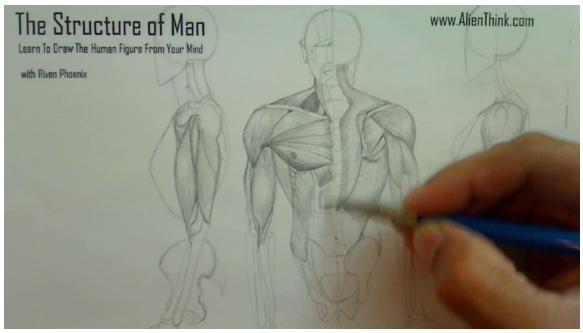
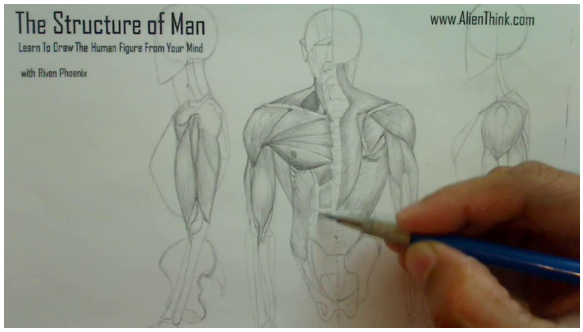
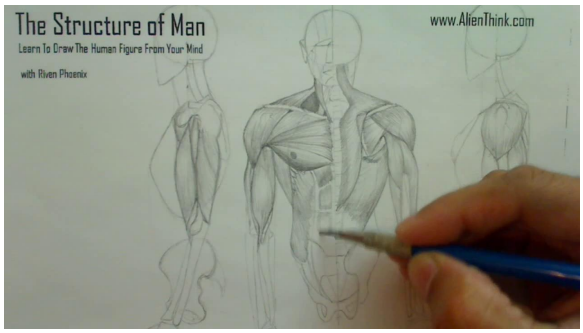
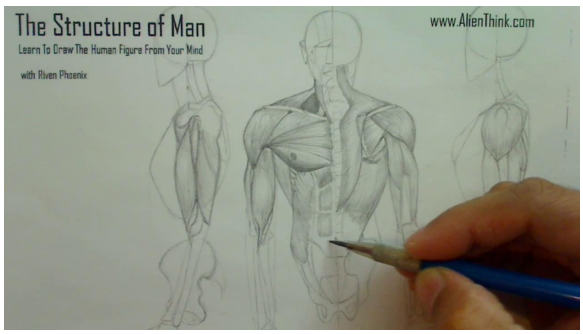
209		They're coming, coming out, but apps really are hardly seen on anybody.
210		They really have to be fit, have to have like almost 0% fat start to see apps.
211		It's very hard to see apps.
212		Done over here, I'm just going to finish this off knowing that, right?

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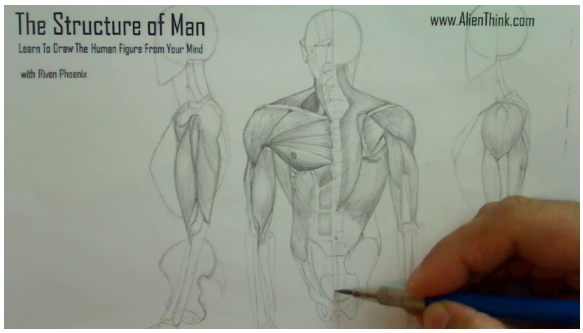
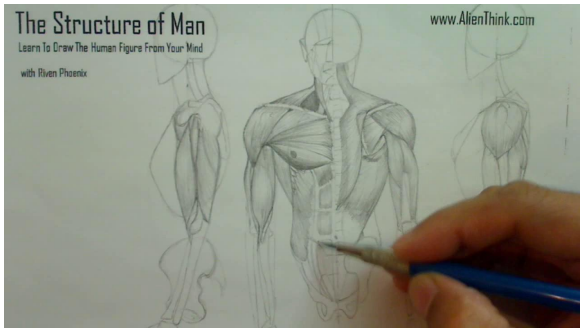
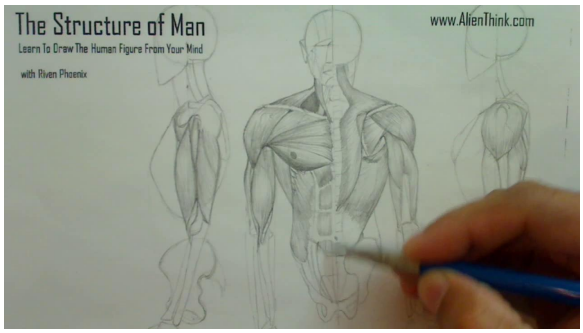
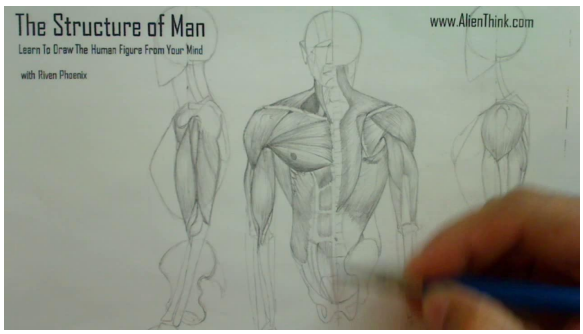
213		This is just going to all come to an end over here with the apps, right?
214		And this is just going to go here, right?
215		So when you draw this, remember there's a stomach area over here, right?
216		So when we go down over here, we're going to do this a little more darker.

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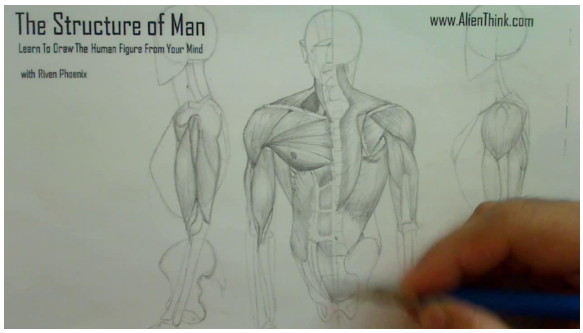
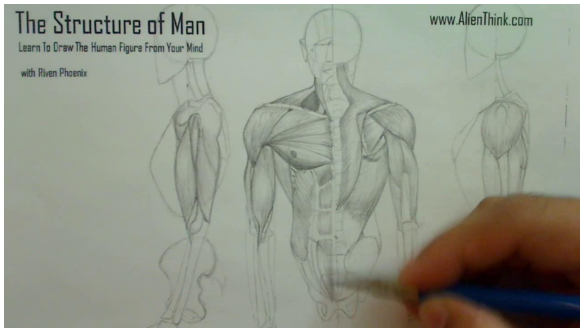
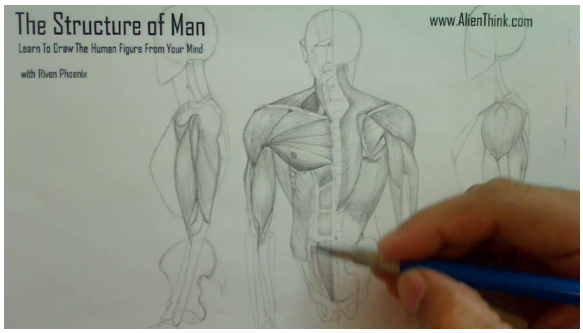
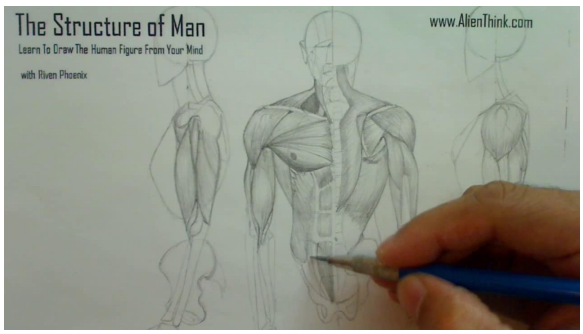
217		This is going in.
218		You can show that just like this, that this is really more darker coming up, right?
219		So this leaves us this area, this exposed area over here, showing that this is really all white space over here
220		and know that this over here, where you're going to get that little piece of bone that sticks out, right?

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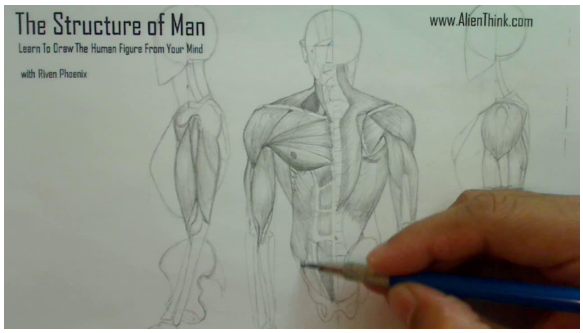
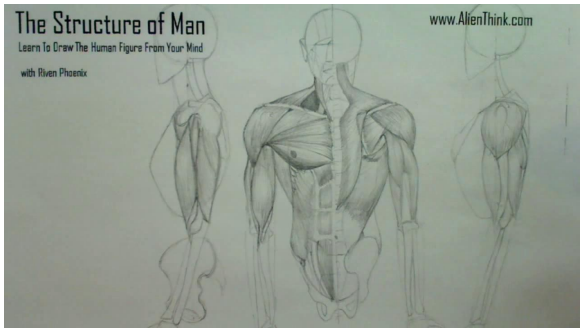
221		The dead bone is part of the pelvis and all of this is just going to be white area like this.
222		Okay, so I'll see you in the next lesson. Thanks.

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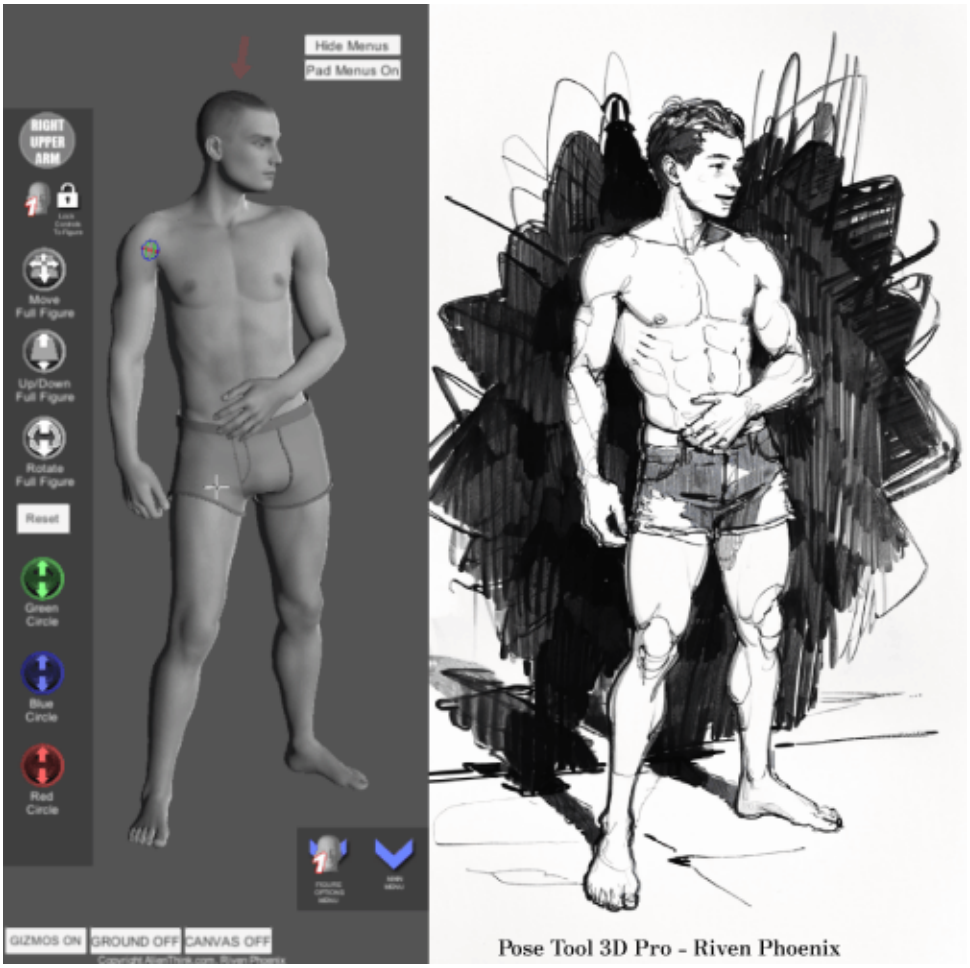

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